

A QUIVER BOOK 

MASTERING

MULTIPLE POSITION SEX

MIND-BLOWING
LOVEMAKING TECHNIQUES
THAT CREATE
UNFORGETTABLE ORGASMS

Eric Marlowe Garrison



"A long-awaited masterpiece from an esteemed sexologist, this priceless collection of advice will leave readers singing Eric's praises and shouting for an encore."

—Betty Dodson, Ph.D., author of *Sex for One* and
web sexologist at www.dodsonandross.com

“*Mastering Multiple Position Sex* is a juicy read! The sexy photos illustrate movement through positions, mirroring a dance to music, and Eric lends a great coaching voice to readers looking for new ways to explore their erotic ‘symphony.’ This book is vital for couples who want to help each other experience pleasure, in any position.”

—Tammy Nelson, psychotherapist, international speaker,
and author of *Getting the Sex You Want*

“This book will make you laugh, learn, and love sex even more than before. It’s such an original concept that even I was surprised and delighted by it.”

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The Sex Bible, *The Sex Bible for Women*,
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“This lyrical book is an etude for the student of Sensual Virtuosity. Maestro Garrison will inspire you to take your ‘practice of pleasuring’ to new heights.”

—Charla Hathaway, author of *Erotic Massage* and
8 Erotic Nights, www.howintimacyworks.com

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To My Mom and Dad

This is what happens when you teach
your toddler how to arabesque. . .

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Introduction

What Makes Sex Musical?

Variety.

Everyone needs embellishments in the bedroom, and not only in the manner of bed linens and lighting. A spectrum of colors creates a beautiful sunset, assorted toppings enhance a decadent banana spilt (probably why plain sex is known as “vanilla”), different notes and rhythms make a symphony, and sexual variety contributes to a better relationship in the bedroom and beyond. Life and sex are like a pizza: We all have a common base on which to build, and customizing the pie with a range of toppings—based on our preferences, religions, past experiences, and curiosity—results in the most delicious pizza for our individual style and taste. But how do you get from a plain pizza to a house special, from a few notes to a symphony, and from a scoop of ice cream to a hot fudge sundae when most sex books just teach you about the sauce, fingering, and wet nuts?

The key lies in knowing how to progress from one point to the next, and that is what separates this book from the rest. This book teaches you how to evolve or progress from one sexual form to another—composers and architects call such a device a bridge. Sexologists call these subtle shifts transitions. Every starting position in every chapter connects to the next with detailed instructions that will make you feel less like you are playing Twister, and more like you are an astute sexpert with grace and confidence.

Not only will these words and pictures help you transition from A to B, but this book will also guide you in making sex a whole-body experience. In my private practice and throughout this book, I dispel the myth of what too many people conceive of as “normal” intercourse—which is more like ESP, or exceptional sexual performance—where the man's penis is always erect, the woman's vagina is always moist, and both are always eager for more. I also want to make clear that sex does not rely on genitals alone. The best sex that you can have depends on a complex array of five senses (our “instruments”) that our minds arrange, our hearts conduct, and our souls applaud.

Because I want sex to be a whole-body experience for you—full of pleasure, fun, and laughter, and free of disease, coercion, discomfort, or regret—I have taken as much guesswork out of the bedroom as possible. This book and the lessons it contains will save you money and countless hours in sex counseling—and you can reap its benefits from the comfort and privacy of your bedroom, which is where sex-positive messages belong.

Finally, the chapters and their positions increase in difficulty—like a piano student moving from the two-fingered *Chopsticks* to Ravel's near-impossible *Gaspard de la Nuit*. The easier positions will help you enjoy and master the basics, while the demanding formations will set a higher bar and force you to develop your mind and your flexibility.

How to Make This Book Work for You

Other books claim they can help improve your sex life, but the most they offer are descriptions and diagrams of disjointed sexual positions that, like images in a cartoon flip book, authors hope your mind can translate into a fluent event. Besides feeling put off by reading instructions or viewing photographs that have more to do with performing in a Las Vegas contortionist act than with making love in the bedroom, many people find they lack the necessary strength, energy, creativity, confidence, and comfort with sexual anatomy—theirs and their partner's—to make these other kinds of position books work for them. My book is different, because it relies on hours and hours of trial-and-error, heaving and panting, and going and coming, to make every aspect of every position work for you.

Trust me. And trust my clients.

More than a year ago, I suggested that my clients try these positions as part of their at-home sex assignments, and their feedback and constructive criticism gave me the material I needed to write *Mastering Multiple Position Sex*. Because this book grew out of their firsthand experience and input, you can rest assured that toe-curling sex is not reserved for acrobats, gymnasts, models, and porn stars. On the contrary, as you will discover in each chapter, great sexual pleasure relies on the two individuals and the combined attributes they bring to the process. What I bring is years of insight and experience, plus a series of start-to-finish combinations that will blow your mind.

Unlike books that expose or highlight a person's deficits, and unlike most forms of pornography that exploit or diminish our personal and sexual worth, I wanted to write a book that focuses on qualities you possess that are your ticket to having the best sex possible *for you right now*. At every stage of your life, these pages will help you find and honor your own sexual homeostasis—that realm of coital comfort that is yours to enjoy alone or with others. Once you have achieved that sexual state of mind, you can expand those boundaries by improving your health, increasing your flexibility, adding to your knowledge and skills—

sexual and interpersonal—and by celebrating the way *your* body feels, moves, and responds during sex.

I have divided each chapter into the same subsections, which will help you glissade like a bedroom ballerina, as opposed to a wedding guest doing the chicken dance. Chapter subheadings follow this rhythm:

Introduction explains the benefits of each position.

Setting the Stage gets you ready for the upcoming positions.

Warm-Up gets you wet. It's *sexplay*, formerly foreplay, and can take place 24/7/365, before, during, after, or in lieu of genital sex. Sexplay can also stand alone.

Position 1 starts things off on the right foot—or hand. Sometimes the first position is harder than the second, but that is so you don't tire later.

Position 2: Transition gets you from Position 1 to Position 3, and it's the reason you bought this book. It allows your body to make the connections that your mind, reading words and looking at pictures, might not be able to.

Position 3 gives you even more pleasure. For lovers of standard transmissions, consider this shifting gears.

Crescendo is the final tip that wrings every last drop of joy from the entire combination of the positions and transitions.

Brava! Bravo! pats you on the back—or bum—for a job well done.

Occasionally a chapter includes an extra or bonus position. Just as cookbooks offer variations on recipes by substituting one ingredient for another, I suggest what you can leave out or add for a dash more spice in the bedroom. Also, I believe in the importance of closure in a private session, so I end each chapter with a few words of wisdom and encouragement to keep you coming back for more.

Why This Book and Not a Porn Movie?

What I hear from younger sex counseling clients—and what you might be thinking right now—is: “Wait a minute! If my sex life stands to benefit from learning about positions with transitions, couldn’t I just download some porn off the Internet?”

Not really.

Though sex counselors might assign their heterosexual clients a video from the collected works of Candice Royalle or another feminist director, most pornography does not teach realistic sexual function or depict reasonable outcomes. Instead, it’s somebody’s fantasies—oftentimes the director’s—that get turned into positions designed to capture the penetration and the money shots. Only in porn does it matter to which side a woman’s hair falls when she is sucking her male partner.

The actors’ bodies can also make some people feel less sexy, rather than more so. From a never-ending supply of neophytes, professionals, and everyone in between, the porn industry hires a handful of flawless, toned, waxed, or manscaped youthful actors with large (often artificially enhanced) breasts and cocks. The rest of us are in various and mutable states of sexual ability and rarely ready for intercourse at the drop of a hat—or when the director calls “Action!” Most Americans are not gym-buffed, bottle blondes with year-round tans; a large proportion of us have to struggle to make sex good, let alone great. The bottom line is that it doesn’t matter if you have sex while wearing your socks or while hanging from a chandelier, with your genitals or with your imagination. The one thing that remains constant is that your mind serves you and your partner as a potent sexual organ. This book spotlights and emphasizes the role of your mind during sex.

Porn is not intended to be a reliable source for

sexual advice and reality. We don’t watch characters discuss their wants and desires, past partners, infections, birth control, turn-ons and turn-offs, pregnancy, and personal hygiene, nor do we find out the answer to “Which one of us gets to sleep in the wet spot?” They save the uncomfortable discussions, the Caverject, and the condoms for off camera. The lighting is perfect, flattering makeup has been applied, and there is never any pre-game talk about funny noises, goo, or the possible disappointment that might happen. Even the most experienced actors, directors, and videographers rarely capture a great sex scene on the first take, and sexologists know that multiple cameras make for multiple orgasms—or at least a multi-minute, spermatic eruption of seismic proportions. That’s right—the much-anticipated orgasm usually means the director waited even longer than the audience; it was filmed long after the sex scene ended, before being cut, spliced, and edited into some sort of mutant Frankenorgasm that people—especially men—accept as reality and as the yardstick by which to rate their sexual ability. So if you’re satisfied with fantasy sex that plays on your computer or TV screen, then porn may be enough; if, however, you want real sex that keeps getting better, this book offers you that. And one more thing: I attended the photo shoots for each chapter to ensure that the images capture the essence of my teachings and that, together with the words on the page, the book portrays real sex.

Real sex includes open and honest communication, humor, fun, not-so-perfect bodies, vaginal noises, genital dryness, penile flaccidity, an orifice penetrated by mistake, frustrations, and orgasms that put even your favorite masturbatory fantasy to shame. This book tackles them all.

Like movements in a symphony, each chapter picks up from the chapter that precedes it and progresses to the chapter that follows. If you have not already done so, please look at the table of contents, and you’ll see a natural flow from one topic to the next. You will also notice how the degree of difficulty progresses as well. And once you’ve read them all, you might want to re-read a particular chapter from a different perspective. For instance, perhaps you enjoyed the chapters

on standing sex and anal intercourse. You can reread the standing sex chapter from a backdoor perspective, as you plan your upright anal adventure.

Every chapter on sexual positions begins with the names of two positions and an easy transition to get you from one to the other. You will also see that each position gets a rating tied to its degree of difficulty, much like international judges might use if sex were an Olympic sport. The positions' names, such as the *Ramp*, hint at their form, function, or both, and include proposed transitions to protect your knees, your back, your genitals, and most importantly, your dignity from circus-like sex positions with ridiculous names. Imagine your embarrassment if an EMT crew were to wheel you into the emergency room saying, "Patient is thirty-two years old with probable herniated disc resulting from a poorly executed *Pennsylvania Dutch Funnel Cake* followed by a *Classic Amusement Park Tunnel of Love*. Oh, and doctor, we weren't able to extract the chocolate-covered banana."

Watercooler conversations that joke about sex on a trapeze make it sound like nothing but fun and games, but please treat a new sex program like an exercise routine. Make sure your doctor has given you a physical, checked your blood pressure, and advised you on ways to improve your chances of sexual success. Ask your doctor if the medicines you use have negative sexual side-effects—certain antidepressants and blood pressure medications do—and consider an alternative, if necessary.

I authored this book with you in mind and to reach as many of you as possible. The contents follow the chief tenets I adhere to in my private practice, namely, the roles of your mind, your body (not some movie star's), your safety, and your communication style—all combined with the goal of granting you maximum pleasure.

The Role of the Mind

"Mind-blowing" sex reminds us that a great amount of sexual pleasure is generated above the belt. Though many men would rather have their cocks blown, and many women might be thinking, "Please, blow my mind since you can't seem to find my clitoris," the brain remains our primary sex organ. People can think themselves into monk-like celibacy or wish themselves into horniness—"mind over splatter," if you will. At first, it might seem odd to read about sexual positions, but it makes sense: Your mind must guide your body until muscle memory takes over. Just as the UNCF articulates so well: The mind is a terrible thing to waste. And according to sexually satisfied people everywhere, it's not such a bad thing to blow.

Attribute-Focused Sex

Because they are so focused on the bottom line, a term that sounds sexier than it is, many Wall Street clients enter sex counseling with a keen eye on their sexual and physical deficits, as if the most precious qualities of sex could be bought or sold like stocks and bonds to increase the value of sexual portfolios. If you count your sexual shortfalls and ignore your bedroom blessings, this book will challenge you to change your thought process. Perhaps it is your mind that is keeping you from having the best sex, so you need to refashion your individual definition of what the "best sex" is. Allow yourself to look for existing attributes—physical, mental, or emotional—that are often hidden behind mental hurdles and roadblocks to how we think about sex. This attribute-focused approach forms the basis of PICA, my four-part clinical model for sex counseling, which stands for Permit, Inform, Counsel, and Absolve.

Following the spirit and guidelines of PICA, this book grants you *permission* to use your physical attributes to try new things and to perfect old ones. It *informs* you on various techniques, transitions, and even technology to make sex better, and it *forgives* you for anything that you did not know or learn prior to reading these pages.



As for the *counseling piece*, the *Fine Tuning* chapter assists you in finding the right sex counselor or sex therapist and helps you become a more informed sexual health consumer. Use the recommendations in *Fine Tuning* to discover secrets for keeping your mind, heart, body, and bedroom primed for sex.

A Note on Safety

There are three general categories of safety in every sexual relationship. First, there is the physical safety of the couple. Do the positions stress the body? Is the bench going to crash under the weight of two people? Will security guards barge in on you and shout, "You can't do that in a bakery!"? Take every precaution to ensure that your environment is safe and comfortable. If a particular position requires additional or more nuanced advice, you will find it here.

Next, I insist on sexual safety to protect the participants from sexually transmissible infections (STIs) and pregnancy. To that end, the discussion on safe sex should come long before either partner does. Talking about sex should focus on the advantages and disadvantages of sex at that particular moment and over time: One of us might get pregnant; both of us could have orgasms grand enough to float a battleship; we might regret never having tried that position; one of us entered the relationship with an infection and wants to do everything possible to prevent the other person from getting it too. Talk to a certified sex educator, counselor, or therapist about ways to make safe sex sexier. With imagination and confidence, you can discuss and have safe sex with ease.

Please note that you will not see any form of birth control or disease prevention pictured in the text or in any of the photos. This is not meant to suggest they are not important; on the contrary, we want you to follow the CDC's guidelines. Please go to my website, www.ericmgarrison.com, for information on resources to make sex both safe and pleasurable.

Clients and clergy, baristas and brokers ask me what "abnormal sex" is, which leads to my final—and the most important—point on safety. The only abnormal form of sex is when coercion is present or consent is absent. Sex that is sanctioned by two people is the best sex. Minors and anyone who is intoxicated or under the influence of a mind-altering substance cannot consent. Please obtain legal consent before having sex. Consent is a coupon, which either partner can revoke at any time—even during sex. Make sex sensual and consensual, cohesive but not coercive.

Use Your Mouth for Amazing Sex

When I ask students, "What is a four-letter word for intercourse that ends in the letter K?" I listen to several of them stumble over the word *fuck* before I give the correct answer: *T-A-L-K*. The goal of intercourse is to *come together*, not to *cum together*.

While reading through this book, I want you to take breaks and put it down—to have sex, yes, but also to discuss the emotions and ideas that the words and pictures stimulate. Ask your partner to consider alternate positions and suggest ways to make a standing vaginal position work as an anal position on the couch. Discuss ways to exile monotony from the bedroom—though I admit that every now and then, vanilla ice cream tastes good—especially when it's licked off warm skin.

So grab your baton—whether it's a vibrating sex toy or a real-life penis—and create a sexual symphony with you as the composer, musician, conductor, and most ardent fan.

Getting Started

The Solo: Self Pleasure as Sex Education

How excited would you be if I could offer you something that would boost your immune system, reduce headaches, improve your cardiovascular health, combat stress and depression, reduce the risk of certain cancers, help you achieve better orgasms, prevent pregnancy and sexually transmissible infections, and cost you absolutely nothing? Would you be interested? Would you even believe that it's possible? Well, it is indeed possible and the answer is in your hands, literally. It is the art of masturbation.

You may be wondering why I chose to begin a book about multiple sex positions with a chapter on self-love.

Before you can become expert at helping your partner reach orgasm, and before you can communicate with him or her about helping

you reach yours, you must understand how your body derives pleasure; this chapter, in essence, prepares you for the rest of the book.

Think of yourself as a conductor, and sex as a symphony. An orchestral concert can offer a host of benefits—from pleasing the ear, to raising money for charity, to providing a social outlet for a date or family outing—but the orchestra won't budge until the conductor raises her hands as a signal to the musicians to begin. Likewise, if you want the maximum benefit from your sex life, it is time to raise your hands, to learn—or relearn—how masturbation can help you both have unforgettable orgasms.

Question:

What Is an Orgasm?

Answer: A Vacation for Your Genitals

If you've had houseguests overstay their visit, the moment they pull out of your driveway leaves you with a welcome sense of relief. Sexual tension is like a lingering guest. And when that tension gets released, there's your orgasm.

When you or somebody else sexually stimulates your body or your brain—or both—it causes muscular contractions in your sexual organs. With no release, you have the sexual equivalent of the houseguest who won't leave. Sexologists call this *involuntary vulvo-vasocongestion* (for women) and *involuntary testicular-vasocongestion* (for men). Men call this condition “blue balls,” and, despite their pleas, it is neither a national emergency nor fatal. When suffering from genital vasocongestion, women and men can relieve themselves with an orgasm or two. What a good prescription!

Let's Give Masturbation a Hand


Self-pleasure—which feels amazing to many and carries with it numerous health benefits—was once considered shameful, and worse. To understand why, and to have cause to celebrate it even more today, we must travel back a few centuries to a less enlightened time in our sexual history.

Almost two decades before the Declaration of Independence was signed, a Swiss physician named Tissot published his theory on masturbation and disease, based in part on his visit to an insane asylum, where he saw people with mental illness masturbating. This visit came long before iPhones and Wii, when asylums did not have activities coordinators on staff. To make things worse for us today, Tissot titled his “medical work” *On Onanism*, forever linking masturbation with the Bible's Onan, a man whom the Judeo-Christian God struck down because he refused to ejaculate inside his wife's vagina (and his wife was the widow of his dead brother, and Onan had to marry her by law). Does that sound anything like masturbation? No! It's time to embrace masturbation as a source of pleasure and knowledge. Everyone in favor, raise your hand! (And get ready to use it.)

Too Much?

My clients ask me if it's possible to masturbate too much. If touching yourself affects your day-to-day life in a negative way, then the answer is yes. If you show up late for work because you were fantasizing about the hot photos in this book, that's a problem. If you forgot to meet your mother-in-law at the airport because you were test-driving your new vibrator, that's a problem. But for the majority of us, we like how it feels, we know when and where it is appropriate, and we know from science that if we don't use it, we'll lose it. Hell, a few of us even know how to leverage it as Olympic training for the bedroom. By choosing to read this book, the rest of you are on your way there, so get ready to go for the gold. Or at least the cream.

“Though masturbation ranks high on the pleasure index, it also provides time for both self-discovery and building skills for dynamite sex.”



**“Great news:
Masturbation can be
like a superhero’s power
that we harness for the
betterment of the world,
and by *world*, I mean our
private sexual world.”**

Too Harmful?

Forget Onan the Barbarian. Masturbation can be harmful only in the sense that done improperly, we can set ourselves up for bad sex through bad masturbation. Teenage boys and fraternity brothers masturbate their way to a sexual conclusion too quickly, and fifteen years later, they seek out sex counseling because they are frustrated, rapid ejaculators who blame everyone and everything for their problems in the bedroom. Here follows a typical situation: A healthy, happy adolescent has completed his Latin homework and decides to enjoy himself in the privacy of a locked bathroom. Standing in front of the mirror, he discovers his body, its responses, his physical likes, dislikes, and perhaps new parts of his body that feel good to touch. His mind wanders off to an exciting fantasy, just as a sibling knocks on the door, desperate to use the bathroom. The young man shouts back, "I'm coming!" The time from arousal to double entendre was quicker than a good "quickie." If he continues a race to orgasm, his haste will lay the groundwork for rapid ejaculation and sex counseling. A crystal ball—or, better yet, proper sex education that includes masturbation—would inform him that the solution is not to stop masturbating, but rather to engage in mindful masturbation, a form of intuitive self-love whose main purpose is the enjoyment, discovery, and celebration of the human being as a sexual being. And that Latin student should not follow Caesar's motto of *veni, vidi, vici* unless, like the emperor, he is destined always to come before seeing and conquering.

Every time we masturbate in the same position, we are telling our body, "This is how to have an orgasm." For some of us who are pre-orgasmic (we have never had one) or secondary anorgasmic (we had orgasms but not anymore), we are teaching ourselves, "This is just one more way that I am not having an orgasm."

If we always have orgasms in the same position, perhaps with a pillow behind our head, the lights on, the air set to a certain temperature, and the television playing our favorite game show, we are adding necessary stimuli into the orgasm equation. If we always masturbate from a trapeze and reach incredible orgasms, and our new partner says, "Let's have sex in a

four-poster bed," our body will respond with confusion. Though we might have an orgasm, it could be difficult because we are unaccustomed to lying on a foam mattress and letting somebody bounce up and down on us like a supermarket pony ride that costs a quarter. So if you plan to try the positions in this book with a partner, it is both permissible and smart to try them on your own as practice.

Here are three ways that masturbation can turn us into sexual athletes.

Masturbation as Self-Pleasure—and Self-Ownership

Unlike certain things that give pleasure but carry risks, masturbation is healthy, so if you can touch yourself without guilt and without its interfering with your daily obligations, you will benefit from this chapter, from this book, and from jerking off. A primary concern of mine that runs throughout these pages is the importance of owning your orgasm. Our partner is there to lend a hand. Instead of roadside assistance, our lover shows up for "bedside assistance."

Your orgasms belong to you alone, and masturbation teaches you how to take matters into your own hands. When you learn how to please yourself, you take control of your sexual encounters. If things aren't working, you're able to take over—politely, of course—and achieve the orgasms you want. Take a tip from the airline safety videos when they instruct you in the proper use of oxygen masks: Help yourself before helping those next to you.

Masturbation as Sexual Rehearsal

In the coal-mining village of Midlothian, Virginia, our marching band director taught us this axiom: "Practice doesn't make perfect. *Perfect* practice makes perfect." That axiom defines a crucial portion of this chapter and a substantial portion of this book, because masturbation could bring good or bad news to a relationship. Unless the goal is a quickie, haste makes waste. So take your time, change up your positions, and enjoy it. Give yourself permission to become a better lover through self-love.

Masturbation as Self-Discovery

Just as there are shortcuts and scenic routes to your favorite destinations, there are neural (nerve) paths to get you to an orgasm with speed and precision, or at a snail's pace, through discovery. Discovering yourself through self-exploration makes you the expert on your body, your erogenous zones (your sexual trigger points), and the things that make you hear the *Hallelujah* chorus, that moment when everything lines up and comes together in sexual syzygy.

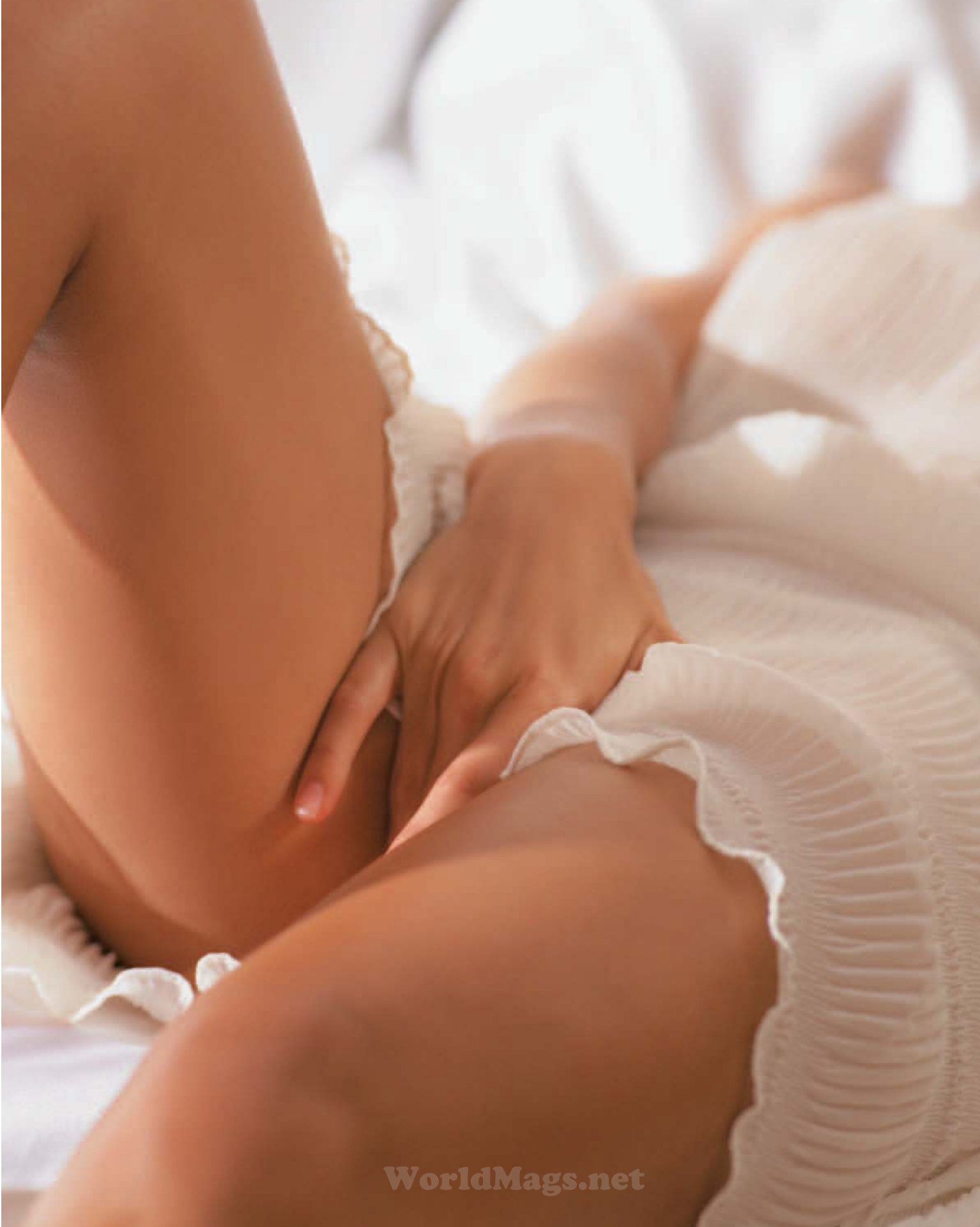
Our bodies are brimming with erogenous zones—areas that bring us sexual pleasure—and marking them with ink might conceal one person's entire body while appearing as a single freckle on another. Your goal, before you read the chapters that follow, is to discover where those points are for you and what stimuli make them respond. One of the joys of discovering your own anatomy is learning what works for you—not what works for your friends, the people in the porn movie, or even your identical twin sibling.

Explore yourself, have fun doing it, and then explore some more. I am not a sexual cartographer who instructs every woman to go to this spot or that one, because you might have different places on your body that arouse or annoy you. Find them and make your own mental map to return yourself—and your lover—to them. You might find that the combination of caressing the back of your left knee and tickling your right ear makes you scream with orgasms. And don't just memorize your erogenous zones or be like Hansel and Gretel and leave a trail of bread crumbs that vanish before you can discover your way back again. Instead, take yourself lovingly and slowly back to those zones and learn to describe them and to lead others to them as well. Here's how to begin. (Unlike the rest of the chapters in this book, this section will have the same directions for both sexes.)

A Laying of Hands

Set aside several hours a week for self-exploration. It doesn't matter whether you are a twenty-something or a centenarian, you need time and solitude to compose a sexual symphony. Don't laugh (well, laugh a little), but when I am asked to speak on time management to college students, I ask women to block off time for vulvular sexploration executed with such attention to detail that it would be worthy of its own Discovery Channel series or a light game of penile tug-of-war.

You want your exploration space to be well-lit, warm, safe, and inviting. Ask yourself, "Would I want my dream lover to have me right now, right here, in this space?" Because you are your dream lover for self-pleasuring, take the time to ensure that the answer is an unqualified "Yes." Clean the space, add elements of romance (because it's all about you), remove distractions, gather pillows that allow you to sit up or recline, and arrange whatever other props you might need. Put out your favorite drink and snack (a small treat that gets Santa to come once a year is likely to help you come as well). I also suggest a hand mirror for women and men, and toys—the various adult items that we are embarrassed to buy, yet love to own—are optional.



Make the surface on which you'll recline warm and comfortable, with blankets and plenty of towels, so you needn't worry about soiling sheets or ruining your grandmother's throw.

Now it's time to christen the space with the thought, intention, and hope that your sexual practice studio holds no judgment or negativity. Here you can laugh, cry, rejoice, learn, explore, orgasm, not orgasm, question, and just "be." Let it serve as your "love lab," and that love can be for anyone or anything.

Aphrodite—born out of foam—and mermaids remind us that water can be highly erotic, so we'll begin in the shower or bath. As the water awakens your skin, wash your body with your hands—not a loofah or wash cloth—so you can feel your muscles, scars, hair, smooth patches, and rough spots. Notice where you want the water to go. Does it feel best cascading down your head? Your back? Both? If you have a handheld showerhead, how does it feel when you spray under your arms, behind your legs, between your legs? (Ladies, a word of caution: Never aim high-pressured water, such as a handheld showerhead or a hot tub jet, into your vagina. It risks sending air bubbles deep into your uterus and fallopian tubes, which could result in an embolism.) In the bathtub, do you find yourself scooping water with your hands and pouring it on certain areas of your body? If you like to shave in the shower or bath, how does your body feel with or without hair? Find out the difference with pre- and post-shave touching. Another great advantage of conducting any sexual activity—including masturbation—in the shower is easy clean-up.

Before you step out and dry off, grab a bottle of light oil—almond, coconut, grape seed, even light olive oil—and rub it over your body. Imagine that you are an ancient ruler receiving a daily unction from one of your attendants. Take your time to see what feels good and what strokes in which direction make it feel even better. Pat yourself with a towel to absorb any remaining water and excess oil. Look in the bathroom mirror as you touch yourself. Where are these sensations coming from? Is there a reference point for the pleasurable feeling that you can use later to steer you or somebody else back to that spot? ("It's an inch below the freckle.")

Step into your sexploration studio feeling reverence for yourself and the activities that are about to unfold. Sit up or lie back. Let your hands run over your body, without touching the genitals. Are the same parts of your anatomy that responded to water equally sensitive to touch? How can you change your touch to excite the nerves in your skin? Allow fantasies to play in your mind, as your hands continue to probe and caress your body. Because not everyone uses vibrators, anal beads, handcuffs, feathers, or other toys, the goal here is self-exploration *au naturel*. Trace your fingers lightly over your chest, letting them explore your nipples and the area around them (the *areolae*). Men, you have permission to do this as well, because we know that many of you respond to "playing chest."

What other areas turn you on? Behind the ear? Your inner thigh? Your lips? Outline your mouth with a finger on your dominant hand and then bring that same finger across your lips where they come together. Does it tingle? Open and let your finger enter your mouth as you suck or nibble on it. This is a double lesson: You discover if your finger is sensitive and what parts of your mouth are sensitive. You can switch out or add as many fingers as you'd like.

Fingers moving inside a warm, moist area might lead to thoughts of sex. Let your wet finger inch down your body toward your genitals and let one hand grab the mirror. (Gadget gurus might prefer to use a camera and laptop—not for posterity, but rather for mastery.) Study your genitals: Genitals of one sex or the other tend to look similar but they are never the same. Let your hand explore the parts of you that a sexual partner would see. Use the mirror or laptop as a second set of eyes. Notice the folds and the location of everything that feels good. Let your fingers rub and stroke you on the outside, allowing them to enter you if you wish. By the way, you can let your fingers enter anywhere on your body that you wish. *Anywhere!*

Once you have experienced and discovered enough to satisfy you—perhaps horniness has started to take over—put down the mirror so both of your hands are free. Though the male and female erogenous zones tend to differ, six elements of orgasm remain the same for many men and women, and you can remember my **BEST SEX** tips that work magic, no matter how you explore. As you progress through and revisit these steps—which I have drafted in order of orgasmic importance whereby breathing comes before you do—your body will crest toward an orgasm, a combined corporal and spiritual experience that will result in feelings of exhilaration, breathlessness, wholeness. If you pay attention to the last step, the exaggeration, particularly vocalizing your sexual emotions, your body and mind will continue to do most, if not all, of the other steps, as though you were on autopilot, or autoerotic pilot, as the case may be.

- *Breathe* through the diaphragm, whereby the navel, not the chest, rises and falls. At the fullest part of the inhalation you feel relaxed, and at the most extreme point of the exhalation, it should feel close to doing an abdominal exercise.
- *Elevate* the pelvis from the ground toward the ceiling. No matter the position, the key is to curve the bottom of your spine toward your navel.

- *Squeeze* the pubococcygeus (PC) muscle with each elevation. This is the muscle that starts and stops urination and for which people do Kegel exercises.
- *Think* and fantasize about images and situations that turn you on.
- *Stimulate* any parts of your body that bring you pleasure.
- *Exaggerate* your sexual emotions as well as the sexual tension that announce an orgasm. If you need to scream into a pillow to prevent the family or neighbors from calling the police, please feel free to do so. If you want to experiment with erotic conversation ("dirty talk"), try that as well. It is important to release both the muscle tension that precedes an orgasm and the emotional tension surrounding sex. Don't be afraid to laugh if you feel like it. Laughter is great sexual medicine, because it lets the tension flow out of your body.

“If you are tempted to tattoo your erogenous zones for ease of locating them, don’t. First: The tattooing process might alter the surface’s sensitivity; and second: Erogenous zones can move or change over time.”





Crescendo

Explore yourself after an orgasm to see what parts are hypersensitive and too sensitive to touch, what can still be stimulated, and what has little or no feeling.

Repeat your self-exploration in different positions, not only for continued discovery, but also for practice. When using a vaginal sleeve such as the Fleshlight, a man can place it between the mattress and box spring, rest his hands on the mattress, and imitate sex from a rear-entry position. This will help build his core muscles, as he simulates sex. Similarly, a woman who has a Hitachi Magic Wand or similar vibrator can straddle it with her legs, or lie down on her chest, and adjust it beneath her—a position that requires little or no effort—if she wants to relax and orgasm, two words that go hand-in-hand.

Finally, after you know what your labial/vaginal/clitoral/anal/prostatic/penile orgasms feel like by themselves you can begin to combine them for a blended orgasm, where men might have a penis/prostate experience or a woman might have a clitoral/pubic mound experience. Many clients report that they enjoy blended orgasms as a whole-body experience, and others like them for their intensity. Similar to how you would concoct a smoothie, you can blend two or more ingredients to make your orgasms scrumptious and good for you.

Brava! Bravo!

Mastering Multiple Position Sex makes you the composer of your orgasms and, FAA regulations notwithstanding, the sky's the limit. Before you turn another page, let your body become a mystical city of gold, and each finger can be a daring archeologist sporting a leather coat and fedora or short-shorts and calf-high boots, to explore every hill and every valley, every pit and every peak, in search of hidden treasures. Bullwhip optional.

1st Movement

1st

2nd

Your First Duet: The Joys of Mutual Maestro-bation

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

Having learned about your body's pleasure points in the first movement, you can now share your mastery with your partner. Mutual masturbation (Mirror Mirror) and mutual stimulation (Row Your Boat and 69 in Digital Stereo) can provide you with more intense orgasms for three reasons: One, you are stimulating yourself as you teach your partner; two, there is greater focus on your erogenous zones than with standard penile-vaginal sex; and three, mind-blowing sex originates with mind-blowing masturbation.

It is said that our eyes are the windows into our souls; well, they also serve as windows into erotic love. Too often, however, couples close their eyes during sex, so make a point of keeping your eyes open during Mirror Mirror.

POSITION 1



POSITION 2



POSITION 3



POSITION 4



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Mirror Mirror

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Row Your Boat

XXXXX POSITION 4: 69 in Digital Stereo

As you watch your partner masturbate, look not only for where they touch themselves, but also how, and, if several places are involved, in what order. The goal is not to memorize a specific pattern, but rather to notice those areas that excite your partner most. When you participate in one or both of the first two positions, you'll have a better idea of how to let your fingers do the walking. Your orgasms will be like canons—not the explosive, military kind, but rather like Pachelbel's flowing, musical variety.

Setting the Stage

When I first recommended Mirror Mirror to clients, I would ask the partners to face each other in the same position; over the years, though, it became apparent that one person preferred to kneel while the other preferred to recline. One might be more comfortable standing, and the other might like to rock in a chair. The crucial element is that you both have excellent vantage points, so neither has to settle for the Broadway euphemism of a “partially obstructed view.” Also, if the last one or two positions will take you to a different space (e.g., from the floor to a bed), make sure that the second area is ready for you. If you go with Row Your Boat, he will need space to recline. If you do 69 in Digital Stereo, you will both need ample space to lie on your sides.

While I discuss sex toys in a later chapter, feel free to use toys on yourself here, particularly if they will help you reach whatever you define as your sexual

goal—whether that is sex flush—an involuntary reddening of various body parts, such as the chest or abdomen, that sometimes precedes climax—or a toe-curling orgasm that would shatter the crystal in Aunt Betty's cabinet.

Warm-Up

Even though the positions in this chapter fall under the rubric of *sexplay*—which, as I have discussed, can take place on its own or as foreplay—it would behoove you both to get into the sexual spirit of things before you begin. Few people can plop down in front of their partners and start masturbating; moreover, you are here to kindle a spark, not to rub genitals to start a fire. With that in mind, here are some ground rules. The intent of the first half is to watch the other person share an individual form of self-pleasure. Orgasms are allowed, but not necessary, so there should be no pressure to orgasm. Each person can ask questions and make play-by-play commentary. How else are you going to learn? Partners can ask to switch from mutual masturbation—where they watch each other masturbate—to mutual stimulation—where they stimulate each other simultaneously—before returning to mutual masturbation. Finally, both sides can request an intermission or a “time out” for any reason, particularly if one person feels uncomfortable with masturbation.

That having been said, and with ample lube available, ring the school bell. Class is in session!

“Everyone has a different learning style: Some learn best by seeing, some learn by listening, some learn by doing, and some learn through discovery. Make your ‘orgasm coaching’ a mixture of all four to guarantee that the lessons sink in before you sink into each other.”

POSITION 1: Mirror Mirror

The goal for this position is to make each other wet from a distance. Think of it as “phone sex gone wireless” or a webcam experience without the web or the cam.

On opposite sides of a shared space, make yourselves comfortable. Since this is in some ways a copy-cat exercise, each of you could start by practicing the fine art—and skill—of stripping for each other. You could also disrobe each other—what better way to learn how to unhinge that behind-the-back bra clasp or to remove a jockstrap without losing an eye? Once out of your clothes, assume whatever positions you want to start in. Pay attention to yourself and to your partner. If doing both at the same time is too difficult, please feel free to do one and then the other. If you can accomplish both in tandem, though, you might find that the visual stimulation brings you closer to orgasm. It is also common for couples to synchronize their arousal and orgasms, which I encourage you to avoid. This is not a game of Monkey See, Monkey Do. If your partner seems to be approaching orgasm before you, look and learn. Knowing how to expedite or delay his or her pleasure is a skill that could benefit you in the future.





POSITION 1

“Watching our partner masturbate while he or she watches us masturbate can make us feel nervous, self-conscious, or stressed. It can also be one hell of a turn on, if we let it.”

Observe signs of excitement as the lessons progress. Some people experience sex flush as they approach orgasm. Look and listen for the presence of extra bodily fluids—such as sweat or pre-come—as genitals and erogenous zones are touched and stroked. Are there signs of heavy or labored breathing? Dry mouth? A frantic search for more lube? Did a finger just make a jump down below to hibernate in the love cave of your partner's asshole? Finally, try to monitor your partner's tempo. As you both build toward climax, make sure that your partner can see that you are speeding up or slowing down. Timing, for most of us, is everything.

If you have an orgasm during this phase, celebrate it—and savor the six elements of BEST SEX, particularly the “Exaggerate” stage. Unless you are an actor in the adult entertainment industry, there are no prizes for loudest orgasm, so don't feel that you have to scream “Yes, yes, yes!” or “Encore!” Also, if you have an orgasm during this phase, be aware of how your body reacts. Try to determine how quickly your clitoris or the head of your penis returns from “Don't touch me—too sensitive!” to a feeling of “Okay, you can touch me now.” The myth of being hypersensitive for long periods of time after an orgasm exists more in the head on your shoulders than in the head of your clitoris or cock.



POSITION 2

POSITION 2: Transition

To move into the next position, the man should assume a sit-up position, leaning back against a cushion or pillow, and the woman can nestle her back against his chest and prop her arms on his legs. Alternatively, he can rest his legs flat on the shared surface, and she can lean her back against his chest. My clients often tell me that this position causes them both to *breathe*—the first and most important factor in the BEST SEX formula—to harmonize.



POSITION 3: Row Your Boat

This position gets its name from the position that a college crew team assumes. The couple can adjust themselves, so that he can peer over her shoulder and she can access her erogenous zones as easily as he can. I like to recommend this position for the bird's-eye view that it provides the man, and the feeling of security—like a safety belt—that his arms provide for her. In a cool room, the couple can be partially covered; on a warm summer day with the windows flung open, they can be fully exposed.

There are options for how to proceed: He can practice what he just learned about her erogenous zones in the Mirror Mirror position—with her hands resting on his legs or exploring every place he isn't; she can place her hands on top of his to show him the where and how; he can place his hands on top of hers to learn the where and how; they can explore simultaneously with both sets of hands (“the half octopus”); or any combination of the above. She can guide him with words and her moaning. He can also ask questions or request her permission—an erotic version of Twenty Questions, or Mother, May I?

If the woman's hands aren't exploring her body, then they are free to explore his—a general “rule of thumb” to follow during sex. We have hands for structural support, emotional support, or sexual stimulation. Only in pornography are they needed for brushing hair out of the camera's way or to clutch sheets (unless, of course, clutching sheets helps build or release that sexual tension known as an orgasm; then, by all means, clutch those sheets).

For a more practical application of hands-on sex, she can lean her head back on his collar bone, arch her back, and let her hands trace down his torso toward his cock—or even farther south.

Depending on the height and weight of both partners, this position might not work well with the parties switched and the man up front. The risk is that he will lean back and smother her (and no one wants to be smothered in a relationship). In the case where Davina meets Goliath, he could either kneel with her behind him, perhaps with her head under one of his arms, or they could sit in a large chair, with him perched on the edge to avoid crushing her.

The key is to provide her with the same bird's-eye view that he enjoyed while simulating her. I know one couple who accomplished amazing lessons in the shower, with her behind him, as he genuflected. She gleaned a copious amount of information about male orgasms from grasping his cock and stroking him to orgasm—and he became her human strap-on dildo of sorts, with his hands unencumbered to explore her body or his own.



POSITION 3



POSITION 4



"To see your partner's genitals in the moments just before orgasm can be an enlightening experience."

POSITION 4: 69 in Digital Stereo

If you ever want to test the sexual knowledge—or naiveté—of a potential partner, hold a deck of cards in your hand and ask if they would like to join you in a game of *soixante-neuf*. If they know sex—or studied French—prepare yourself for a look of confusion, a modest smile, or perhaps a stellar evening, because *soixante-neuf* is French for mutual oral sex. The circular parts of the 6 and 9 represent the head, and the squiggles are the legs.

I have returned the frat-house version of 69, which has one partner—usually the lighter of the two—on top of the other, to its traditional side-by-side roots, and I have replaced the oral workout with manual stimulation and exploration. I prefer this masturbatory 69 position because it accommodates people of varying sizes and weights, allows for a view that is up close and personal, and it can easily lead to oral sex, if the hands tire.

It would require a sexologist with the skill of a film or food writer to describe the hundreds of changes that occur prior to, during, and after orgasm—not to mention that sexual response cycles vary from person to person.

Both partners lie on their sides, facing in opposite directions, and rest their head on the other person's lower leg. From here, each stimulates the other's genitals. The advantage of this position is that it allows for equal access. It also allows for the stimulating partner to give a firsthand report of what is transpiring. "Your cock is dripping so much pre-come right now, I could just eat you with a spoon!"

As the orgasms approach, both people should focus on the orgasm taking place in front of them, as well as the one inside them. This challenge—far more difficult than walking while chewing gum—highlights one of the reasons that many sex counselors and therapists discourage mutual orgasms.

Acknowledging and embracing auto-orgasmogenesis—my word to describe how all sexual pleasure is ultimately self-pleasure, even when you are partnered—is the key to enjoying the rest of this book and the rest of your life as a sexual being. Auto-orgasmogenesis takes the shame and blame out of pre-orgasmia—those times in our lives when we went without a climax—by putting us in the driver's seat for all our orgasms to come.



Brava! Bravo!

With careful positioning, unfettered communication, patience, and plenty of lubricant at the ready, mutual masturbation can provide both partners with hours of fun, education, and bedroom bliss. With senses alert, each of you can benefit from watching the other and applying what you've learned from a practical and loving perspective. Finally, there is no need to have simultaneous orgasms—it's not that kind of duet. When I say sex is like a canon, I don't mean the detonating kind. Think of it as a canon, a song in a round, such as "Row, Row, Row, Your Boat," during which one person comes a little later than the other, but both end in unison—where life is but a dream.

"When you accept that the primary source of your sexual pleasure is yourself—and not a partner—that's when you can understand that your role in another person's orgasm is akin to an apprentice and, later, an assistant."

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

2nd Movement

Introduction to Harmony: A Study in Sexual Progression

In music, we would consider this chapter to be variations on a theme. In sex counseling, we would call it progression. If a couple is most familiar with or favors a particular position, or because of physical restrictions they have just one position that they're able to try, sex counselors work with them to make that position as interesting and rewarding as possible.

Rear-entry, also known as "doggy style," is one such position that many couples use. For them, it may be the only position, other than missionary, that they know. Women who get aroused when the penis glances across the vaginal ceiling or who enjoy the mutual access to their clitoris, pubic mound, or even their ass, may opt for a rear-entry position.

POSITION 1



POSITION 2



POSITION 3



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: The Mutt

XXXXX POSITION 2: The One in the Window

XXXXX POSITION 3: The Pedigree

Men who want stronger erections gain an advantage from rear-entry because kneeling or standing positions—rather than supine positions—increase penile blood flow. Yet another advantage of this position is biological. When a female mammal is in *estrus*—in heat—she communicates this by getting on all fours and letting her back droop toward the ground, a position known by zoo guides as *lordosis*. Mammalian males—straight, gay, and bisexual men—love to see their partner in a lordotic position. Forget buying “fuck me” boots or giving a man the “come fuck me” look, when I speak of bringing sexy back, I’m talking about lordosis—with no offense to Mr. Timberlake.

What follows is a useful exercise in how one position can serve several purposes. Once you have mastered these steps, I encourage you to apply the principles for any position, adapting them according to your needs, your partner’s, or both.

Setting the Stage

Standard rear-entry requires both partners to be on their knees with at least one partner—the one being penetrated—to rest on their hands as well. With the variations that follow, knees, shins, palms, and elbows will benefit from the comfort of a soft surface.

Warm-Up

Just because the front of a woman’s body is out of sight during rear-entry doesn’t keep it out of mind. Sexplay can focus on her mouth, breasts, pubic mound, anus, clitoris, and everything else within sight and reach to provide maximum stimulation and pleasure. Because manual stimulation reaches so many different pleasure points in and on her, and because rear-entry places emphasis on the front top wall of her vagina, using ample lube with fingers can provide stimulation she won’t receive from sex alone.

**“Keep in mind that no position is permanent.
Similar to what we hear in other parts of our lives,
change is good, and as your physical health, sexual
health, and sexual abilities change,
so will your positions.”**

POSITION 1: The Mutt

Many people, for various reasons, shy away from rear-entry: It's impersonal, he comes too fast, she doesn't come at all, or the family dog thinks of it as an invitation to jump on the bed.

Quite the opposite! With skill, lovers can enjoy rear-entry as much as any other position because it provides many advantages. One of the greatest, as you'll see here, is versatility and control of penetration. If her legs are outside of his, her vagina will feel more open, and she can tighten it by bringing her legs inside his, wrapping one around his waist, or even sitting back into him.

Also, either partner can take turns with the screwing. He can remain stationary, while she rocks back and forth—which stimulates the sensitive outer third of her vagina. She can remain still, while he thrusts into her—which will stimulate her inner two-thirds. Finally, they can move away and toward each other, which will accomplish both goals of stimulating his entire shaft and her entire vagina. The position also leaves him with two free hands to stimulate himself or her and, depending on her position during rear-entry, she can have one or two hands free as well.





POSITION 1

- ♀ Position yourself on all fours with your legs spread wide enough for him to slide up behind you and between your legs.
- ♂ If you feel that more lubricant is necessary, now's the time to apply more to her vulva and to your penis. With the ample amount of sexplay that opened this chapter, the most you might need is a dab of saliva applied with your fingers—or tongue! Position yourself behind her and enter her slowly.
- ♀ Your pleasure can come from one of two ways: You can rock forward and backward or side to side—or a combination of both—or you can remain stationary and let him do all the work. You can also do a hybrid whereby you each take charge for a while and then switch, allowing the other to take over.
- ♂ From this angle, as you apply pressure to the front top wall of her vagina, you may be ignoring other parts of her. Since her hands are flat on the bed or other surface, it is up to you to lend a hand. You can stimulate her clitoris, pubic mound, and breasts. Though we haven't reached the chapter on anal sex, you can also stimulate her rectum—with permission.
- ♀ If you can balance yourself on one hand, you can provide your own clitoral stimulation.
- ♂ ♀ If one partner requests it and if both consent, this is a first-class position for introducing the subtle art of spanking. There is a fine line between pleasure and pain, and there are equally fine lines between a love tap, a sensual spanking, and corporal punishment. If you can define that line, try it. If you have permission to try and this is your first time, it's best to cup your hand, which produces an audible “pop” without inflicting the tingling burn of the harsher, flat-palm spanking.



POSITION 2:

The One in the Window

This serves as a second functional position, as well as a transition into the Pedigree, the next and last position in this chapter. This transition/position will teach you two important lessons. First, it demonstrates how a subtle shift in leg position can make the vagina and its entrance either wider or more narrow. Second, it illustrates the importance of envisioning your bodies and your sex space from a 3-D perspective. Rear-entry can take place on hands and knees, in a chair, lying on your sides, standing upright, or in the near weightlessness of a pool in positions that would earn you an Olympic medal if you could replicate them out of water.

- ♂ Move back from her and let one leg go to the outside of one of her legs. When that one has cleared, help bring her other leg toward the center and then clear that one too. This will put both her legs side-by-side and between yours.
- ♀ Bring your ankles together and let him straddle your legs as you continue in this modification of the rear-entry.
- ♂ Closing her legs will make her vagina feel tighter; if there is too much vaginal tightness for either partner, she can open her legs wider. Likewise, she can bring them closer together for more tension.
- ♂ You can also put your knees beside hers, and pull her back onto you, so that you are still in rear-entry, but it looks as though she is sitting on you.
- ♀ If you assume the sitting position, you and your partner will have instant access to your breasts, clitoris, and other erogenous zones. If you need help maintaining your balance, reach back and behind him for support.



POSITION 2

“Whether you enjoy this position for its graceful beauty or for the surprising sensations that the vaginal tension provides—or both—consummating this canine collection in Pedigree offers both of you perfect closure.”





POSITION 3

POSITION 3: The Pedigree

With two rear-entry positions down, the couple can unleash their passion and end in the Pedigree—what I call “doggy-style with style.” When I first envisioned this position, it appeared to me like the ever elegant, ever delicate foot of a crane, or in French, *pie de grue*, the origin of our word “pedigree.”

This position is known for producing the mind-blowing orgasms of the book's subtitle. Should one of you come before the other, transition into your favorite position and communicate about how best to satisfy the less-than-fully-satisfied partner. If she came first, it might mean that the man will continue penetrating his partner; if he's a happy camper, it might fall to him to use his fingers, mouth, or a toy to help her climax.

- ♀ Lean forward as though stretching your arms or worshiping some ancient fertility deity. To protect your neck from strain, try looking right or left. Bring your feet close together at the ankles to narrow the entrance to your vagina.
- ♂ Wait until she has reached her full stretch before you reposition yourself. This time, place your legs outside of hers, and then resume your strokes into her.
- ♂ From this position, her vagina will feel its tightest. It is important to communicate so that she gets the stimulation that she needs.
- ♀ Because your hands and other parts of your body are in use or inaccessible, remember and apply the qualities of BEST SEX (see page 21), keeping the first three letters foremost in your mind: Breathe, Elevate the pelvis, and Squeeze the PC muscle.



Brava! Bravo!

With a few effortless adjustments, one position can serve several needs. It is important to analyze each position for its strengths and weaknesses and then to resolve any deficiencies. Positions that ignore one side of the body can be preceded by sex-play that takes the whole body into account. If the partners have different genital sizes or penetration angles, simple modifications can make most any position work. Finally, once you know how to approach a position from other angles—literally and figuratively—you can revisit your repertoire and adapt it to better suit your needs or your partner's.

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

3rd Movement

The Adagio: Taking It Easy and Making It Last

When restaurateurs want to hurry their customers, they may ask the musicians to play something *allegro*—a fast tempo to get slow people out and new ones in. Quick has its place—at the table and in the bedroom—and a later chapter is dedicated to getting the most out of the quickie, but for now, we're going to look at taking love leisurely.

Whether you want to indulge in extra romance or find yourself needing more time than usual, slowing the pace helps you enjoy the experience, perfect your technique, and might even reduce or eliminate early ejaculation concerns.

Finally, a slower pace gives you time to do something sexy with your mouth in bed—other than kissing or oral stimulation. Call it coital communication.

POSITION 1



POSITION 2



POSITION 3



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Headers and Footers

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Meet and Greet

The Libretto: Adding Words to the Music

Whether it's about keeping it clean or cursing like a sailor, slow-motion sex with eyes locked on each other and mouths talking or even whispering distance from your paramour's ear turns your mouth into a love line straight to the genitals. Here are a few steps for adding dirty dialogue to your duo.

For thirty minutes minimum, using your Sunday morning crossword pen and a pad of paper—or your trusty laptops—each partner writes an erotic description of a sexual interlude between you. Choose words that appeal to all five senses: how her hair smells, how his lips feel, how her sweat tastes, how he looks in the sunlight, how her panting and purring turns you on. Be as dirty and as adventuresome as you wish.

Next, sit down and swap stories. Again, you are not there to edit or spell-check, but rather to observe. What words did your partner use that turned you on? What scenarios did you read that excited you? What tone is created on the pages in front of you? What would you like to try? To avoid? To preserve as fantasy for the time being?

Now, sit across from your partner—perhaps, for practice, in the Headers and Footers position that follows—and talk about the positive things that you liked about the piece. You can also raise questions about things that could provide better experiences: *So, are you saying we should try more candlelight? Would you like me to dress as Tarzan once? What's the most erotic word that I could use to refer to your __?* It's as though you both read each other's sex diaries—with permission to do so.

Incorporate these words and fantasies into your next text message, e-mail, love note, or phone call. Phone sex, where we cannot see our partner during dirty talk, can lead to great bedroom patter. Also, I have never understood why some couples pay for phone sex, when both of them get aroused by it, and—when it's done with your partner—it's free or at least cheaper than calling those numbers listed in the backs of magazines. You can make your own sound effects—be creative!—and you can also have sex toys available for personal use.

You can also go an extra step with this exercise, before taking it to the bedroom. After agreeing on a time period, location, roles, etc., flip a coin to see who writes the first chapter of your erotic novel. When you are done, you read it to your partner who then writes the second chapter. You can end after two chapters, or see how far your imaginations carry you. Creativity, permission, humor, fantasy—these foster great sex.

Once you're back in the bedroom, you now have an anthology of sexual fantasies to talk about during sex. You have a thesaurus of body parts to which to refer. And if you both paid attention, you also know the boundaries and comfort zones within which to work. For instance, you could say *penis*, but you cannot say *cock*, because that offends him. You can talk about sex on the beach, because that was in her fantasy. You can invest in candles, because you both got nipple erections when you read that line in your shared erotica. Whatever the case, air your dirty laundry, but don't hang it out too early. At least not until it's soiled. And now, here's how to soil those sheets!

“Spelling and grammar don’t count; unleash your inner erotic author and let it all flow onto the paper—and through your loins.”

“*Adagio* means ‘at ease,’ so these are not the positions to attempt when you have a few minutes before dashing to the movies.”

Setting the Stage

These positions are suitable for almost any location, but I find that they work best in a bed with both a headboard and a footboard, such as a sleigh bed.

Also, it's important that your environment puts you both at ease. Choose music that relaxes you instead of rushes you. Free yourself from distractions, including phones, children, and pets. These positions could follow a laid-back lunch or reading the Sunday morning papers in bed together. They serve the college student as much as the retired professor; they are ageless, and by definition, they are timeless.

Warm-Up

These positions whisper for old-fashioned necking and heavy petting. Partners can cuddle in the spoon position with the inside spoon's head resting on the outside spoon's arm.

And there's no rule that says that the man/taller/dominant/older person has to be the outside spoon. Regardless of size or weight, age or income, everyone has rights to the inside position. The same holds true for cuddling—a man's head need not always remain above hers. My gay and lesbian clients know about egalitarian spooning; it's time for the rest of the world to get enlightened. Let no spoon go unpolished.

Spooning can also teach your body a lesson or two. If you participate in the same cardio class over and over, or if you use the same weight equipment at the gym every day, your body adapts and learns how to use as few muscles as possible. As a high school coach, I encouraged my athletes to cross-train—to overcome the way a body learns to do more with less. As a sex coach, I want you to do more with more! Spooning—or anything sexual done on your non-dominant side—will benefit you because it forces you to explore with your non-dominant arm—sexual cross-training, if you will. Non-dominant spooning places your weaknesses on top and allows you to work for a more balanced nervous system. You will use a different part of your brain when you explore with your non-dominant side, and it will force you to take more time to adjust. Likewise, more time to adjust means more time exploring, and when it comes time to switch positions in the future, make sure your partner has the same opportunity to cross-train.

From the spooning position, let your hands explore. You can even play that game where you trace letters, numbers, and words on each other's back and have them guess what you wrote.

For those of you who store your silverware like most people—arranged in stacks—there is another form of spooning in which one person lies on the bottom, and the other spoons point-for-point on top. Again, it doesn't matter who chooses to be which spoon, but if the bottom person looks left, the top one should look left too, matching every joint and organ possible. How long you stay in position is up to the bottom spoon.



POSITION 1: Headers and Footers

This position may be one of the strangest—and one of the most enjoyable—positions in this book, and I have placed it at the beginning for several reasons. In line with the sexual cross-training metaphor, it challenges the three most traditional positions: missionary, woman on top, and rear-entry. It forces your body, brain, and genitals to work differently, and that allows for more time in bed. The position prevents rapid and deep thrusts, two things that can lead to early ejaculation—and a typical end to lovemaking—for many men. Its originality will often evoke giggles and play-by-play coaching and conversation, several things that too often go missing from the bedroom.

Headers and Footers—when both partners are supported by pillows, a headboard/footboard, or both—encourages eye-to-eye, face-to-face, hands-to-genital sex unlike most positions we know. It is for many people who like watching their partner masturbate, except that they are there to assist as the human dildo or cock-sleeve. Attempt this position by itself several times—on a bed or loveseat, in a tight hallway, or even in a hammock—because, again, perfect practice makes perfect.



- ♂ In a bed, or on any comfortable surface with pillows for each person (about six feet apart), sit down with your legs crossed.
- ♀ Sit face-to-face on top of him and help him get his penis into you. Wrap your legs around him and indulge in the embrace.



POSITION 1



POSITION 1

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- ♂ After staying in position for as long as you both want, lift her up slightly (or wiggle her side-to-side), so you can move your feet out in front of you. Bend your knees and bring your feet towards you in a sit-up position.
- ♀ Offer him your upturned arms for support, as you both lower back to the bed.
- ♂ Place your down-turned arms in hers, and slowly lower each other to the pillows behind you.
- ♀ As you lie back, bend your knees as well. Because of the angle of penetration, his penis should touch just underneath your clitoris and the front of the vaginal wall.
- ♂ ♀ Your heads will be on pillows as you face each other, one of you against the headboard, and one against the footboard. With small rocking motions between the two of you, enough friction and penetration will occur between various parts of her vagina and the topmost portion of his penis. Both partners can hold hands, explore their own bodies, grab the sheets, or anything else that comes to mind. Recline on the pillows and remain here all morning, or until horniness sets in again. This position lends itself to mutual foot massage, and, because you are facing each other, ample conversation or a sexual fantasy exchange.





POSITION 2: Transition

The next position puts you both where you started and allows for simple penetration with amazing results. I chose not to have you end here, as it is a delightful and romantic position in which to spend time, to play around with dirty talk, and to climax, if that is your goal.



- ♀ From Headers and Footers, where both of you are on your backs, knees bent and buttocks almost touching, you can reach forward and offer him your arms. Likewise, you can grab the backs of your legs—your hamstrings—and pull yourself up. With sufficient core strength, you can sit up on your own.
- ♂ Reach out for her arms, lock them at the wrist, and pull each other forward. Your buttocks will touch. Support her with your arms as you wiggle closer to each other. Perhaps, as she did, you may need to reach behind your thighs—your quadriceps—and pull yourself that way, or you too can rely on core strength to pull yourself up.





POSITION 2



POSITION 3

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POSITION 3: Meet and Greet

This position is how you started. You are on top of him, and your chest is against his. Because many women are shorter than men, your position on his lap should bring you both eye-to-eye—or close.

- ♀ Reach around, and pull him towards you. You can help position his penis back inside you.
- ♂ Place your knees inside or outside of hers, depending on your heights and comfort levels. This will allow for short, measured strokes.
- ♂♀ To change the depth or angle, either partner can lean back or forth, or—assuming the surface has got enough spring to it—bounce to orgasm. I have many clients who attest to the sexual benefits of the human pogo stick. (As a side note: I hear it is a great way to tighten those sagging glutes as well.)

Crescendo

Climaxing in this position requires that you both focus on your own orgasm, while assisting your partner if possible. Instead of elevating your pelvis, you will each need to contract and release the pelvic floor, while rocking back and forth, breathing in and out from the diaphragm, and focusing on all the sensations.

This position is perfect for cupping your partner's face and engaging in deep kisses, tongue play, or a light lip bite. You can also embrace each other, melding chest to chest, as your bodies pivot back and forth. If fingernails trailing down your back turn you on, this is an optimal position for that, as well as for ear licking and clitoral stimulation. He can grab her buttocks and elevate her, pull her towards and away from him, and even engage in spanking or ass-grabbing, if she so desires.

There is a therapeutic advantage of this position for the rapid ejaculator. If he comes, he can still make small movements that, combined with clitoral stimulation, breast fondling, or even some anal play, can bring her over the edge as well.

Bravo! Bravo!

Whether it's a simmering sauce or a potential partnership, great things take time to develop and are worth waiting for. Before you make love to your partner's body, enjoy hours, days, weeks, and months making love to their heart, mind, soul, and spirit. Your patience in the bedroom might result in an invitation to take the relationship to another level, bringing further rewards of exploration, intimacy, and fun.

So, when you next get the urge to race across the sexual finish line in a New York minute, ease up instead and do it in a country mile.

4th Movement

4th

5th

A Capella: Amazing Oral Sex for You and Your Partner

6th

7th

8th

9th

10th

11th

12th

13th

If you've swallowed as many gallons of the stuff as I have, you probably don't need to hear that orange juice isn't just a breakfast beverage. Likewise, oral sex can happen whenever and for whatever reason you want—as pre-sex, as sex, or after sex. Hell, with the right diet, it's even a palate cleanser between courses. Oral sex can provide incredible pleasure and intimacy because the mouth doesn't just give thrills, it can also be thrilled—just think about kissing. Though sexologists think of oral sex in four ways—cunnilingus (mouth to vulva), penilingus or fellatio (mouth to penis), anilingus (a little “tongue in *cheek*”), and autofellatio (whew, that's a mouthful!)—I suggest that you follow a new paradigm that includes as many types of oral sex as there are erogenous zones.

POSITION 1



POSITION 2



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Oral Sex on Her

XXXXX POSITION 2: Oral Sex on Him

When you find that you have a question about oral sex, the smart move is to ask your gay, lesbian, and bisexual friends first (assuming they have oral sex). A woman who pleases another woman or a man who pleases another man might have better insight into the anatomy and physiology of their own biological sex. Combine their advice with input from your partner and the material you are about to read, and you've got yourself something that you can sink your teeth into—on second thought, sink your mouth onto.

Oral “Six”

To take oral sex from good to great, it is important to adhere to the following guidelines:

1. **Dirty mind but clean body.** You don't want to put your mouth on somebody and hear yourself asking, “What is that in my mouth? I wonder where it's been.” The shower or a bathtub is a great precursor to a tasty treat.

Note: Avoid heavy fragrances during or after washing. Licking under somebody's arm can be erotic, but not if you taste deodorant. One of the things that attracts us to one another is our natural, clean smell—and taste is linked to smell.

2. **See and be seen.** Think of eating someone out as going out to eat. You want to enjoy the view and be where you can be viewed as well. Seeing eye to eye during sex makes it hotter. No matter where your mouth touches your partner, try to make at least one other connection, perhaps with your eyes or hands.

3. **Use your mouth—for talking.** Communicate with your partner about what is working and what's not. Say things like, “A little slower” or “That's it. Yeah. Just like that.”
4. **Start with the end in mind—and keep it in mind.** Just because you are thinking “vulva” or “penis” or “tight, little anal rosebud” does not mean that you skip everything else. Take the scenic route; explore every possible path on the way to your end goal, and just when you are ready to put your honey where your mouth is, go back and explore your partner's body some more.
5. **Add some vibrato.** Yes, that's both a rule and a typo. Let your pleasure resonate within your partner. I like to recommend an oral game called “Chin and Tonic.” During oral sex—on any part of the body—you can hum, not blow, your way through several notes to see which tone, pitch, and volume creates the greatest pleasure for your partner. Sometimes a single word can work wonders on a mouth, nipple, vulva, or cock. Don't believe me? It's part of the reason I like Hawaii so much—and I've never been. This tip also means that if you need assistance, bring along a toy or two. (You'll learn more about toys in the 6th Movement.)
6. **Review BEST SEX (see p. 21).** The principles apply as much to oral sex as they do to ano-genital. Remember that B—for breathe—is essential for both of you. I know people are dying *for* oral sex but, please, not *from* it. Breathe people! Breathe!

“I challenge you to imagine your tongue as a five dollar bill and your partner's body as a candy store; with all those bodily nooks and crannies, it's time to go into sugar shock.”

POSITION 1: Oral Sex on Her

Some men don't get oral sex. Oh, they receive plenty of it, but they just don't get it! They don't understand the significance of it to their female partner and all that it can provide. If women got one fraction of the oral sex that their male partner wants or receives, there would be peace throughout the world. Well, at least there would be a balance of power and pleasure in the bedroom. So take the time now to learn how to please your loved one.

- Give face; pay respect to her erogenous zones. Because your face is part of the process, make sure that it is as soft as a baby's bottom, which better be softer than your lover's vulva. That means shaving, if you normally keep a baby face, or letting your beard grow long enough to be soft. When she says, "Baby, I want your prick," she doesn't mean from a five-o'clock shadow.
- Let her pick the position. If she gets on her knees and straddles your head—with you on your back with your head on or off the bed—she has control to raise up or down on your tongue as she wants. She's in the driver's seat and can grab your hair (or head) and pull you deeper into her. If it gets too intense, she can push you away. She can also ask you to keep your head stationary, as she goes back and forth over your tongue—something I like to call "swiping the credit card."



- Turn the other cheek. Your tongue may play the starring role, but let the rest of your mouth and face join the supporting cast. Your nose, cheeks, chin, and forehead can apply pressure to her mound, clit, and lips.
- Give her the finger—better yet, give her ten. Just because this chapter is called “oral sex” doesn’t preclude the creative use of fingers.
- Play fair. If you expect her to swallow your semen, then you should be willing to go down on her after you come in her, or to kiss her after that great blow job that she just gave you. Equal rights have been around for quite some time!
- Final caveat: Do not blow into a vulva unless it’s attached to an inflatable doll. Set aside your fedora and bullwhip; you aren’t an archaeologist trying to blow dust and spider webs off an ancient artifact. Forcing air into a vagina can cause serious medical problems, especially if a woman is pregnant. Whisper into her. Tongue her. Lap at her like the loving man puppy you are. And should you find dust and spider webs, it’s just proof that you should be having sex much more often.

“You two will be like a ventriloquist act at the doctor’s: You stick out your tongue, and she’ll be saying *ahhhhhhhhhhhhh*.”

POSITION 1



POSITION 2



POSITION 2: Oral Sex on Him

Here are the four blow job concerns that most women come to my office to discuss:

1. Will I gag?
2. Will he enjoy it?
3. Will I have to swallow?
4. Will I suck better than his pledge brother did during his college fraternity hazing?

My answers are usually “possibly,” “possibly,” “no,” and “I seriously doubt it, but isn't it wonderful to have a goal in life?” If you share any of these common concerns, read on.

As far as the gag reflex, you can control the depth and speed that your mouth travels down his cock. The head of his penis, that mushroom-shaped part that is called a corona—do not try to put a lime down it—is the most sensitive part. Lick that part like a lollipop, and gagging won't be an issue. Also, he will get more stimulation by being licked and stroked with your hand than throat-fucking some vacuous windpipe.

Finally, I have one more secret to prevent choking or gagging on a penis. Just as carpenters use a drill stop to prevent a drill from going too deep, use your thumb during oral sex. Grasp his shaft so that your extended thumb is no higher than the lowest point that you want your mouth to travel south. Because of the slack in the skin over his cock, you'll be able to move up and down on his cock without

letting go—just be careful pulling on his pubic hair. When your mouth hits your thumb, you know that you've reached your comfort zone. If you want to try to go deeper—and that's your choice, not his—you can shift your thumb to the side, and your mouth will then stop when it touches your index finger. Problem averted.

Men believe that all oral sex is good, and few things exist to make it a turn off. Well, I can think of thirty-two things that can make a blow job awful: teeth.

Light teeth on the underside can be an erotic tease, but not vigorous scouring. After all, it's a cock, not a toothbrush. Also, ask him what he enjoys. If he says a finger in his ass with your mouth on the head of his cock, then there's one recipe—but not the only recipe—for great head.

Some women do not want to swallow because of the taste, because of emotional reasons, or for their health. Semen, which can taste bitter, neutral, or even sweet, is an example of how we are what we eat. Typically, the more fruit sugars in a man's diet, the sweeter his semen will taste. Some foods, such as asparagus, give urine a strong smell and can make semen bitter too. If a woman tells her partner that she doesn't want to swallow, then he will alert her before he is about to come. If he keeps having trouble timing his orgasm—"Honey, you'd better stop bobbing your head up and down"—then he may need to use a condom the next time. Problem solved.

Which brings us to the last question: What if I'm not as good as the other blow jobs he's had? I fail to understand why men and women feel that they're somehow in competition with former sexual partners. I rarely hear, "What if my omelette isn't as fluffy as the last one she ate?" or "What if I can't make a fondue like his last partner did?" Have fun with it. It's a blow job, not an audition or a contest. Each time you go down on him, try to incorporate one new technique or step listed on the right, and ask for his feedback. He will be so touched—and so grateful.

- ♀ Call in the manual labor—your hands! With lots of spit and some head bobbing, he will be amazed at your oral skills, which can be 99 percent manual. Think of it as a combination hand job/blow job, or, as I say, "It's like trying to talk and chew come at the same time."
- ♀ Circle the perimeter before you dive-bomb the target. His inner thigh, perineum (the area between his penis and rectum), and his rectum are full of nerves. Use them to drive him crazy, and to teach him more about his own body.
- ♀ Ignore the conundrum of whether to spit or swallow. You can choose to swallow—or spit into a cloth or napkin.
- ♀ You can start with a blow job and switch to a hand job and let him come in your hand. You can tell him to wear a condom. You can say that it is okay to come on your face or breasts or on your feet, but not in your mouth.
- ♀ Send him to heaven with your skills, but watch those pearly gates. Teeth rarely go well with oral sex, so pull your lips back as though you'd lost your dentures, and take it from there.

"Few men like to leave a bedroom looking like they ran their cock through the office shredder—or got caught in a spicy gay threesome with Wolverine and Edward Scissorhands."

Singing Her Praises: One Way to Go Down on Her

After you both enjoy a romantic bath or shower, allow her to continue showering while you excuse yourself, warm her towel and bathrobe in the clothes dryer, and prepare the bedroom with enough candles to create a soft, inviting mood. Because she will come into the room after her shower, make sure that the temperature is warm enough for her damp skin.

Before she asks, "Can you hand me a towel?" you are standing there like her knight in terry cloth, holding her heated bathrobe and towel to envelop her.

As an added touch, rub some oil onto her skin before you hand her the towel. The skin is much more receptive to natural oils when it is wet and warm.

When you have both entered the bedroom, open her robe. Take a moment to remind yourself how gorgeous she looks in the candlelight. Kiss her and rub your hands over her silky skin. Because she is still adjusting to the temperature, let her keep the robe on a bit longer. You—and not the air temperature—should be the cause of her goose bumps.

As you kiss her, turn around so that your back is to the bed. Sit on the edge of the bed, putting you at the height of her breasts; kiss them, touch them, admire them. Cradle her smooth, exquisite face—maybe one of your fingers slides into her mouth. Recline on the bed and invite her on top of you. Place your hands on her hips as she straddles you and puts her knees up on the bed. She may think you want her to lie on top of you, but instead, use your hands to inch her body up your body. Stop when she reaches your chest, so you can look up at her for a second, because in a moment, you won't be able to see much of her. Make eye contact and say something caring, attentive, and sincere. ("I love you" is always nice or choose a special compliment such as, "You are going to taste amazing tonight.")

Intertwine her fingers in yours as you bring your hands toward your head. Leave her hands resting on either side of your head or on the headboard, while your hands come to rest on her hips and gently entice her forward.

Her mound will be the first part of her to come in contact with you. It responds well to pressure, so use your forehead like a unicorn sharpening his horn. Back and forth, round and round, side to side. Let her grind her pubic mound against you.

Her vulva consists of inner and outer lips that are like curtains to an inner sanctuary. Part them with your fingers, so that your tongue may enter. Use your soft face as a divining rod for her pleasure.

Tilt your head back, and let her ride your chin. Perhaps she'll expose new and wondrous parts of herself to your eager mouth. Call up into her, moan into her, let your "hmmmmmmm" become a hymn of ecstasy, a love spell that you cast into her and through her with your mouth.

If she shifts forward, you can bring your tongue toward her rectum. Let it paint circles, curlicues, and figure-eights in various "brush strokes," as you use the top and bottom parts of your tongue for her pleasure. Your taste buds are now "pleasure bumps."

Grasp her buttocks lightly and pull her down onto you. If she pulls away, she is not interested or needs a break. Leave nothing to guesswork. You are here to make love to her without getting your genitals involved—yet. See how many paintings you can create with your tongue, using her vulva as your canvas.

Her gushing emotions and juices over your mouth could mark the end—or the beginning—of a remarkable play date.

Singing His Praises: One Way to Go Down on Him

After he takes a bath or shower, you wrap him in the warm towel and bathrobe that you brought from the clothes dryer, and guide him to his throne—perhaps a dressing chair in the bedroom or a club chair in the den. It could also be the edge of the bed. Turn his back to the chair as you open his robe and yours and pull him into you for a deep kiss. Feel his pecs press against your breasts, as you wrap your arms around him for one last embrace. Pinch his nipples lightly, and watch his penis start to twitch in expectation.

Push him slowly back into the chair. Place two throw pillows under your knees so that you are as comfortable as he is. Lean forward and put your hands under his thighs. He thinks you are going in for the gold, but instead, you pull him toward the edge of the seat.

As you move away from him—almost the length of his extended legs—place one of his feet on your chest or on your shoulder and the other in your hands. Massage his foot gently. If you want, run your tongue between his toes and let them slide into your mouth; you are building anticipation and making his body think about a blow job. Also, by stimulating his feet, you are exciting a portion of his brain that lies close to his brain's genital relay center. As his relaxed foot descends to the floor beside you, let your tongue work its way up his leg like a train making all local stops: near his ankle, behind the knee, his inner thigh.

When you reach his groin, put both hands on his thighs and look up at him. You could tease him by returning to his other foot and leg. If you are eager to show him more of your oral skills, put both of his big toes in your mouth. You can also kiss him or his chest, or any part of his body. Finally, if you are ready to go down on him, move your head toward his lap. Should you want his hands on your head, put them there. If not, let them rest on your shoulders or on his legs.

Lick under his scrotum and move your tongue back toward his perineum. You can even pull him forward and tongue his rectum like he might have done to you the night before. If he likes it, it just means he likes it. Nothing else. You could also insert a finger and make a slight, repeated tugging motion, arousing as many orgasm-related nerve endings as possible.

Stroke his penis with your hand, as your tongue signs your signature above and below the head of his scrotum. Holding the shaft in front of you, lick it from the bottom to the top, following the natural line from his scrotum to the tip of his penis. This area is loaded with nerve endings because it is where his prenatal vaginal lips sealed to become a penis—it's true: By nature's design, we were all intended to be women.

Move your tongue all around the head. Dart your tongue in and out of his cock. Make eye contact as you stroke him, though don't be surprised if his eyes are rolling toward the back of his head by now. Spit on the tip of his penis, lick your lips, and tease him by asking, "Do you want me to suck your cock?"

Trace your lips using the head of his penis, as though you were applying lip balm. Keep opening your mouth, as though you were going to let the head in, and don't. Again, you are building anticipation. Wait until you are ready—even better—wait until you see a drop of pre-come telling you he is definitely aroused.

When you're ready, let his penis slide into your mouth. Move your head only as far down as you feel comfortable. Try to produce as much spit as you can and let it dribble down his cock as your non-dominant hand strokes his cock. This will give your dominant hand a break.

Moan into his cock. If you can do so without gagging, talk dirty with his cock in your mouth or remove your mouth just long enough to talk to him. Some guys like to hear loud slurps and others like any sound that suggests pleasure and excitement.

A note to the gents: Please be careful about where you place your hands. Resting on her head is one

thing, pulling on her head like a slot machine handle is another. Imagine you've ordered soup in a fancy restaurant and just as you place the spoon in your mouth, the waiter grabs your head and starts thrusting you back and forth on the spoon. Not a pleasant meal anymore, is it? So play with her hair, stroke her face, and let her put your hands where she wants them to go.

Ladies, if you are getting tired or you are pressed for time, you have several choices. He can finish on his own, you can switch to vaginal or anal sex, or there are ways you can help him expedite the orgasm. The first way is to insert a finger into his rectum: The light pressure on his prostate (his "P Spot") might cause some men to blow like never before. The second way tricks his body into thinking that he is coming. Right before a man ejaculates, his testicles rise toward his body. So if you want him to come, gently raise his testicles with your palm, and his body will think that it is time to come. Just like ringing the bell for Pavlov's dogs.

Crawl in his lap and, if he is man enough, he'll kiss you.

Brava! Bravo!

Oral sex is an equal-opportunity treat that can be a quickie or a long, slow road to an awesome orgasm. When you focus on and follow your partner's wishes, oral sex in all its forms can be a rousing, intimate, and highly erotic activity that can serve as the beginning, middle, or ending position for any of the combinations in this book. Part of *Mastering Multiple Position Sex* stems from making every transition exciting. If you see that your mouth is anywhere near your partner during a sexual switch, maybe it's time to put your lips together and give that body part a "kiss for good fuck."

So if you want to satisfy your partner—and be satisfied in return—give oral sex a little whistle.

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

5th Movement

Being Concert Master: Positions to Help Your Male Partner Please You

Though men most often come to me seeking help with various erection and ejaculation concerns, my female clients tend to present with questions about their orgasms; they want stronger orgasms or more orgasms, or—as I instruct them—more *and* stronger orgasms. With no disrespect to my male readers, I'd like to provide couples with the following two positions that will surely benefit both partners, but will tend to emphasize the woman's satisfaction.

If you've paged through sexual position books of the past, you were more likely to nod off than get off. More technical than titillating, they overflow with discussions of medical models, anatomy, and physiology. Unless you are trying to earn a medical degree, go by what you feel, and by what feels great, regardless of what it's called in Latin or Greek.

POSITION 1



POSITION 2



CRESCENDO



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Easy Landing

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Touching the Wall

A woman with long brown hair is sitting on a ledge or window sill. She is wearing a white, sleeveless top with a lace or ruffled trim along the bottom edge. Her hands are resting on her thighs. The background shows a bright, sunny day with a view of a city skyline through a large window. The lighting is warm and soft, creating a romantic and intimate atmosphere.

**“Start by having
an affair with
yourself. Great
partner sex
will follow.”**

And, despite the messages broadcast by romantic movies and novels that partners are meant to complete each other, the only person you should or can complete is yourself.

Make it a priority to learn how your body works. Revisit “Getting Started” on page 14 to learn about sexual growth through self-exploration. Take time to explore your inner self, through counseling, coaching, or spiritual enlightenment; gain an additional connection to this world beyond the physical one. Remember to laugh at yourself and at life. I think the Bard got it partially wrong: Yes, the world is a stage, but we are all *stand-up comedians*. Finally, open yourself up to the world and, if you have one, to your partner. Share your life with others—through volunteering, caring for another person, and talking with your partner about what you need more of and less of. Great sex is about getting in touch, and staying in touch, with the moment. Follow these guidelines and they’ll lead you to the sensual, sexual moment in everything.

Setting the Stage

These two positions have higher difficulty ratings because they require the man to demonstrate a good deal of sexual vigor and stamina. So if you or your partner needs another reason to stay in shape, give these positions a whirl and discover how core strength, flexibility, and cardiovascular endurance are the foundation of sexual dynamism—and dynamite sex.

Warm-Up

For this preflight warm-up, he can give her the best pre-takeoff oral sex, maybe even helping her come before he enters her. Both partners stand naked at the edge of the bed—either the side or front end—with a pillow on it, just far enough up on the bed that she could reach it if she laid her head back while her knees hang from the side. In order to make a love connection, their eyes should remain open and locked on each other. He can run his fingers through her hair, push it away from her face, and then caress her forehead, eyes, nose, lips, and chin. Cradling her face in his hands, he can lean toward her and slowly part her lips with his tongue, all while keeping his eyes gazing at hers.

He should let his hands trace down her body, as his mouth follows in pursuit. Finally, when he comes to rest on his knees, she can sit on the edge of the bed. She should pull her legs up and toward her chest and then rest the soles of her feet on each of his shoulders as he continues to kneel. This bracing—along with her abdominals and butt muscles—will give her the leverage she needs to move her hips closer or farther from his mouth.

From his kneeling position and with his head between her legs, he can tongue the inside of her legs, her feet, rectum, her clitoris, her outer and inner lips, and he can go as deep into her pussy as his tongue can reach. Because her feet are on his shoulders, his hands are free to touch her legs, pussy, ass, breasts, and tongue.

She has two hands free to play with her own breasts and clit; she can also open her pussy wider, to invite him to explore and to engage his tongue in some vaginal smorgasbord. The purpose of this man-on-woman oral sex is to get her mind, body, heart, and soul lubed for more great sex. And folks, this tongue lashing is just the beginning.

POSITION 1: Easy Landing

With his legs off her—and off the bed—he becomes the executive jet that makes a soft landing onto a lovely runway.

- ♀ Stay just as you are—most likely panting from the previous twenty or thirty minutes.
- ♂ Approach her as though you were going to do standing missionary, and just after you enter her, place your palms by her shoulders or rib cage, as if you were going to do a push-up.
- ♂ Walk your feet back, so that you are still inside her and at a 45-degree angle to the bed. The goal is to last as long as you can in this position, before she wants to change.
- ♀ Run your hands over his chest or your breasts. You could also give yourself clitoral stimulation to enjoy the experience even more.
- ♂ You will be touching many parts of her vaginal wall. Take your time and vary the strokes. This is her chance to learn how to come with you.
- ♀ If you need more stimulation, use your free hands to stimulate your breasts, pubic mound, clitoris, and the face.
- ♂ ♀ You both can focus on BEST SEX, particularly the first E and S (elevating the pelvic floor and squeezing the PC muscle with each elevation).





POSITION 1

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POSITION 2

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POSITION 2: Transition

The next position will allow him to touch various parts of the front vaginal wall with his penis. It helps to know if his penis has any right or left curvature, as the curvature will dictate which way she should face.

- ♀ Let him withdraw his cock from you, so you can roll over into a knees-and-elbows rear-entry position.
- ♂ Walk your palms back toward you and bend at the knees. This should help you stand.
- ♀ Roll over on either side and bend at the knees, so that your feet are behind you. This will put you in a classic doggy-style position. Experiment with which leg you want to raise. If his cock curves to the right, you prepare to raise your right leg, or vice versa.
- ♂ Crawl onto the bed on your knees and position yourself behind her. Look at which of her legs she wants to keep grounded on the bed, and that's the same leg of yours that you place outside of hers—so if she wants her right leg down, arrange your right knee, ankle, and foot to the outside of hers. Curve her upper leg around that same side of your body, so her left leg will wrap around your left hip or vice versa. Grasp her foot or toes in the opposite hand for support. Ease forward and penetrate.

POSITION 3: Touching the Wall

With her leg curved around his hip and with his knees planted on the bed, this arabesque version of doggy-style will allow his cock to touch the sides and top of her vaginal wall, providing stimulation from every which way.

- Once both partners' legs are arranged, you can begin your vaginal constrictions and tiny pushes back toward him. You won't be able to push back too far, so listen to your body's requests for more or less speed and pressure, and then advise your partner on providing the proper tempo and depth. If you feel uncomfortable, try straightening your lower leg. This is athletic, requiring you to balance on both hands and to trust the support of his leg wrapped around you, but the muscle tension can also yield remarkable orgasms.
- Place your free hand on her hips or back for support. You can even curve it under to stimulate her clit or mound.
- Although this position can bring a great amount of pleasure, it can be too deep for women who want the outer third of their vagina stimulated. If you like deep thrusting, this and the next position are ideal. Make sure that you are communicating this to your partner, so that he pleases you and doesn't pain you. He can provide shallower movements if that feels more satisfying.

CRESCENDO

With a slight twist of her body and a push of her hands, this position turns into a final vagina-filling force. Again, following the caveats mentioned in the previous position, this position can be a deep penetrator like a rig drilling for oil or as if he is dipping a quill in an inkwell. Though the man can chime in with his opinion, the woman is in control.

- ♀ Lower your cocked leg down by your other knee. Push your legs back through his, as you roll over on your back. Pull one leg—probably the one you didn't cock because it needs a rest—back toward your face and prepare to place it over one of his shoulders, or if you have tight hamstrings, you can bend it at the knee to brace against his chest.
- ♂ Guide her leg into the air to make a V. Place her raised leg on your shoulder, hold it in the air, or place her bent leg against your chest.
- ♂ Lean forward and into her vagina, as you penetrate at a speed and depth comfortable to you both.
- ♂♀ Bring your faces together for a kiss or to lick lips or, if those are too strenuous, you can connect through your eyes.

If her upper leg tires, it could prevent her from having an orgasm. If she starts to fatigue or to cramp, lower her leg until she regains her comfort.

He will be in an ideal position not only to touch several sides of her vaginal wall, but also to rub her clitoris and breasts.





CRESCENDO

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Brava! Bravo!

Whether via oral sex, the shorter thrusts of his cock, the tightening of her vagina, or the deep thrusts from the last position, this chapter should provide several opportunities for her pleasure. And that hardly means that the man should feel left out. Each of these positions will excite different parts of his cock, which could help him master his orgasms as well.

And here's the most rewarding part of this chapter: the understanding that through communication and slight shifts in positions, partners can both deliver and experience a higher level of pleasure and intimacy.

“Continue to communicate throughout the experience.

Grunts, groans, pants, and moans all add to the experience.”

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12th

13th

6th Movement

Venerating the Vibrato: Using Toys for Her and Him

What would make a healthy, sexually satisfied couple want to use toys, when they have each other? So they can continue to be healthy and satisfied. Toys serve so many purposes. They can improve sex, they can serve in lieu of sex, or when necessary, they can help delay sex. For many people, however, they are not the easiest items to buy.

POSITION 1



CRESCENDO



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Slide, Sally, Slide

XXXXX POSITION 2: Shake It Up

Whether it's a lack of knowledge or lack of confidence, buying adult toys can be as daunting as trying to pair food with the perfect wine, but it can also be fun and educational. For my clients who want to explore the exciting world of intimate accessories, I act as a "sex sommelier," pointing out what adult toy or DVD serves what purpose. Shopping for sex toys can be as much fun as a childhood trip to a kid's toy store, and there are certain boutiques where I bring my clients because those places are warm, welcoming, and accommodating. Like a father who gives his children money to spend at a candy store, I may bring one of my couples to an upscale adult boutique and allow them to venture off in different directions, instructing them to meet back at the register after fifteen minutes to see who picked out what item. In the case of heterosexual couples, she tends to approach the register with a strap-on dildo, and he usually selects a costume for her or a piece of vaginal machinery so big that it looks like it could carry astronauts into space. Invariably, both parties enjoyed themselves and got aroused, long before any clothes came off!

Where you shop for sex toys makes a big difference. I prefer to take my clients to where they can see and touch the items, something that's not possible when shopping online. Many of the finer adult toy retailers (see Resources on page 189) are staffed with employees who are qualified to help you make an educated selection.

It's natural not to know what something is, what's it's made of, how to clean or lubricate it, or even what orifice it's meant for. If you have questions, find a friendly staff member. If you need a recommendation, ask a salesperson.

Before you purchase anything in an adult store or from an online site, you should know the answers to several questions: What is this thing? How do I turn it on? How does it turn me on? How safe is the item? Are there allergies associated with the materials? How do I clean it? How do I lubricate it? Where should I store it? What is the vendor's return policy? Does it come in any size smaller than this? Does it come larger than this? What else can I do with it? Can I get one that makes a nice cappuccino?

Most heterosexual couples in sex counseling think that adult toys are designed for women to use on themselves or for men to use with women. Not true. There are many toys, such as a vibrator, that can stimulate women and men from inside and out, and still others that are designed with a man's pleasure in mind. For my male clients, there are toys I recommend to help them have the orgasms they want, to use as practice tools for better sex, or to live out a fantasy. Sometimes, men and women buy toys just for show. They purchase it, look at it, and may never use it, but just owning it makes them feel daring—like having a designer kitchen that makes people feel that they could cook a gourmet meal even though they eat out most of the time.

“One of the many advantages of using toys is that you have the feeling that a third person has joined your sexual adventure, but you don’t have to provide an extra clean towel or a parking pass for your apartment building.”

Tantalizing Tidbit: Vibrator Strength

Though it might not work for everyone, a good way to test vibrator intensity is to turn the device to various speeds and place it on the tip of your nose. If your skin tingles and makes you almost giggle, it's a keeper. If it makes you wonder if it's even there, put it back. If it makes your head rattle or gives you a nosebleed, definitely put it back.

Also, don't overlook items in your home that could serve a dual purpose as a sex toy. Countless men and women have had romantic relationships with their washing machines (set to the spin cycle), and I have a number of clients who have discovered the orgasmic potential of a battery-powered shaving handle—sans blade—when applied to the clitoris, vagina, perineum (the area between the genitalia and the anus), and the anus—inside and out. With a new battery, these handles produce enough vibrato to stimulate just about any...nose.

Setting the Stage

With almost any toy, it is important to have lube available. You can also use condoms with your toys to keep them clean. Make sure that your choice of lubricant agrees with your condom choice (if it is protecting your toy) or your toy (if you are not covering it). Some lubricants will break down the toys (petroleum will deteriorate latex toys and silicone lubricants will break down silicone toys and Fleshlights), so be careful that you know which lube goes with which toy, or you'll be left with no toys, and lots of useless lube.



POSITION 1:

Slide, Sally, Slide

Inexpensive penile slides or sleeves have been around for decades, and before then, men were poking their penises into anything that was moist or tight: melons, mattresses, mincemeat pies.

Sometimes women approach me and want to know how they can give pleasure when they are menstruating, when they are tired, when their partners just don't turn them on, or when a cock is too big or too small for them. The Fleshlight—a substitute for a mouth, a vagina, or a rectum—can be the answer that helps men and women continue to have fantastic sex, through different levels of intensity and intimacy. A Fleshlight can also help women learn how their partner reaches orgasm, especially if they have trouble gripping the penis with the same strength that their male partner uses. Finally, in times of sickness and infirmity, a Fleshlight can be a substitute for sex when somebody needs some time to convalesce. To make a Fleshlight feel more real, it's important that you run hot water through it—not scalding, but warmer than body temperature. Then, when he lubes up and enters, it will have a realistic warmth and wetness.



POSITION 1



- ♂ Lie back in a position that is comfortable and one that you would want to have sex in. Remember: This is where masturbation can be pleasure and practice.
- ♀ Because the source of his pleasure is in your hands, you can be wherever you want, or you can ask him where he would like you to be. Perhaps he wants you to straddle his legs or his chest. Maybe he wants you seated on his face.
- ♂ Make sure that your cock and the Fleshlight are well lubricated, but remember that while you can always add more lube, it is tough to remove any excess.
- ♀ Stroke his cock, if it is not hard already. Once it is hard, you can slide the Fleshlight over it. Some models can be quite tight fitting, so take your time.
- ♂ If you want to teach your partner how to please you, you will need to instruct her on how high, low, and fast she should make her strokes. Perhaps you could place your hands over hers and do it together.
- ♀ If he wants to take over the up-and-down motion of the sleeve, you can ask whether there is another role for you to fill. If you are naked, and if he isn't using both of his hands, perhaps he could stimulate you while he is enjoying

the Fleshlight. You will also need to determine whether the sleeve will serve as sexplay or as his orgasm source. If it will bring him to orgasm, then the next position might have to wait until he has recovered.

- ♂♀ Though there are two people in this position, there are four possible movement combinations that you can experiment with when using the Fleshlight. First, the Fleshlight can remain steady, and he can thrust into it; this is how most men fuck in missionary. Second, he can remain steady, and the Fleshlight can be moved up and down; this is how most men masturbate and is the common movement for woman on top or sex in a swing or hammock. Third, both partners move in opposite directions, which is common during standing rear-entry and sometimes for missionary. Finally, there is a combination of all three of the above.

Also note: For many men, a Fleshlight orgasm is more intense than manual stimulation alone, and they need additional time to prepare for more sex. Consequently, there is no Transition position in this chapter as the man may not be able to progress to the next position.

POSITION 2: Shake It Up

Two longtime porno fads (that even non-porn stars gossip about) are the DV (double vaginal penetration), where two penises enter one vagina, and the DP (double penetration), where the woman enjoys one cock in her pussy and another in her ass. For personal safety and health, many people are not comfortable having a second penis in their bedroom—who is the guy and how safe is he?—much less side-by-side in the woman's vagina. That's where a dildo or vibrator can come in to fulfill the fantasy.

- ♂ Move to a chair, so that she can lean back against you.
- ♀ Lean back into him so that your vagina lowers onto his penis. If you're using a vibrator, turn it on and place it against your clitoris.
- ♂ Relax and feel the vibrations through her vagina and into your penis. If the vibrator is going to join you as a second male partner for double penetration, make room for the pseudo-cock by switching to a position that gives you or the toy anal access: rear-entry or woman on top.
- ♀ Be careful: Adding a vibrator next to his penis could make him come faster. If you need to slow things down, you can place the vibrator on your breasts or clitoris instead. You can also reduce the speed.





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To make a third-partner-fantasy more realistic, consider the following upgrades:

- ♂ Describe what the third person is doing to her.
- ♀ Talk about what the third person is doing to him.
- ♂ Let her take over and watch how she uses the vibrator on herself. Men are often surprised at how women use vibrators on themselves versus how men use them with women. Many women prefer to stimulate the external genitalia—the pubic mound, the clitoris, the vaginal lips, the perineum, and the first third of the vagina. Men tend to think that a dildo or vibrator, because of its shape, is meant more for thrusting and deep penetration.
- ♀ Finally, the next time you decide to watch a XXX DVD as part of your sex play, see how your toys can help you adapt or recreate what you see on screen, whether that's a jock getting it on with two female cheerleaders or a jock with one female and one male cheerleader. With the right toys—and an active imagination—the erotic possibilities are endless . . .

Brava! Bravo!

Toys can help anyone have a better sex life if you know their limits—some cannot be submerged under water, some require special lubricants, and some will get you stopped at airport security—and if you open your mind and orifices to their boundless potential for fun and fantasy.

If you feel that your sexual toy chest seems bare or needs updating, head to your local adult toy store and pick up a few items. Men and women can impress their partners by having a variety—and knowledge—of adult toys. And remember: Your mind can be dirty, but your toys must remain clean.

“Call your local boutique and ask what events they have planned for the upcoming months. There might be a ‘Ladies Night’ or ‘Men’s Night’ or ‘First Timers to the Store’ night. One of my favorite outings is hosting an event called ‘Toys for Boys’ at an upscale toy store.”

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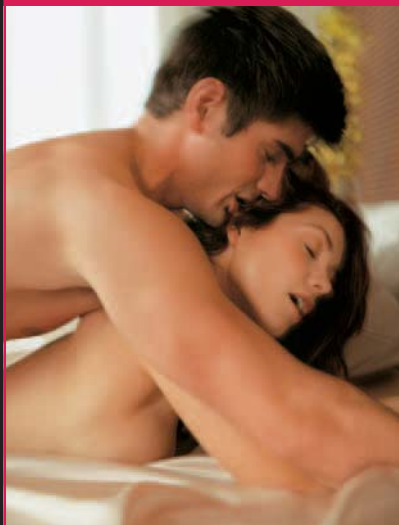
13th

7th Movement

Sight Reading: Non-Traditional Moves That Boost Intimacy

Sex is like a job interview: Some people do best in a group setting, some like doing it over the phone, and most prefer that it be done face-to-face. As the saying goes, “The soul that can speak with its eyes can also kiss with a gaze,” and many expressive couples favor eye-to-eye sexual positions, such as the classic missionary, because they provide intimacy, deep kisses, direct clitoral stimulation, and nipple play. However, countless options, such as the two covered in this chapter—and the bonus Jet Ski—also encourage physical closeness, sexual harmony, and mutual satisfaction.

POSITION 1



POSITION 2



POSITION 3



BONUS POSITION



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Intimacy Blanket

XXXXX POSITION 2: Transition

XXXXX POSITION 3: The Pious Missionary

XXXXX BONUS POSITION: The Jet Ski

Following eye-to-eye sexplay that appeals to the five senses—in this case, a romantic, well-planned shower—these back-to-chest positions deliver a course of contentment and closeness without the athletics required by some other positions. Another advantage stems from your anatomies: Because his penis will make short, shallow strokes (ideal for delaying his ejaculation), and because her vagina has most of its nerve endings in its outer third (suitable for her orgasms), the physics of these positions increases the duration and pleasure of your love-making by focusing on that outer third.

Finally, as joyful as these positions can be on their own, couples will find that they crave face-to-face, eyes-wide-open sex, which will seem like a new experience after spending several encounters devoted to perfecting the movements in this chapter.

Setting the Stage

Creating a romantic and functional environment for stomach-to-spine intercourse requires two things above all else: comfort and closeness. Comfort begins with your softest, cleanest sheets fitted over a cozy mattress, so please avoid water beds, if possible, or any surface that offers inadequate support. A healthy relationship requires a solid foundation; sex on your knees or stomach does not. The annoying and inevitable “wet spot” inconveniences some couples. For them I recommend layering thick, absorbent towels over the bottom sheet to keep both bed and bodies dry, to prevent any quarrel over who sleeps on the dry side, and to soften the surface even further.

Set the mood with ample, soft lighting. If you're looking for romance and intimacy, make love where you can see each other. A fireplace, candles, lanterns, and tiki torches offer dancing shadows and light, to remind you that sex is moving energy. If using candles, opt for the unscented variety; the smell of two clean bodies should give off enough sensual aromas for anyone. For fire safety (how many times have we fallen asleep with candles burning, after the sexual flame has died?), find a handful of battery-operated LED simulated candles, and position them throughout the room.

More than a decade ago, as a faculty prom chaperone for the high school where I worked, I observed something shocking: Heterosexual students dancing doggy-style (rear-entry). The lordotic young women chatted with one another, and the aroused young men looked at their watches or gave one another the thumbs-up sign, but they didn't whisper words of love into their dates' ears, nor did they check in with their partners via the mirrored ballroom walls. Don't make their mistake. Bring mirrors back to the bedroom; they're not just for “no-tell” motels anymore. No matter the sexual position—rear-entry or missionary—you'll find that placing mirrors around the room will reveal what your direct line of vision cannot, unless you're fucking a vampire, of course. But where to place those mirrors? Though most of us have a four-sided bedroom, I prefer to think of living in an octagon, and I'll prop mirrors on chairs in corners, or on a sofa, or at different heights. Our bodies are three-dimensional, so our mirrors should “reflect” that. Whether you are a voyeur or exhibitionist, the mirrors will let you see and be seen.

Warm-Up: Shower Them with Love (and Glances)

Sex and relationships depend on balance, and what a particular sexual act lacks, sexplay and individual touch can make up for. Because the positions in this chapter limit steady eye-to-eye contact, you two will need to share lots of amorous glances prior to sex. So, as sexplay, the couple will get hot and wet in the shower. Like an aperitif, table wine, or digestif in a fine restaurant, bathing can come before, during, and after sex. Shower before sex, because the cascading water stimulates, invigorates, and cleanses, and then bathe afterward, because soaking calms, relaxes, and—yes!—cleans as well.

Sometimes you need to take a quick shower and charge out of the house. That's not our goal here. Sexual showers, with their aphrodisiacal aromas, warm water, steam, and tender touch, follow five main points that help us cleanse as we prepare to get dirty.

1. Smell

- Shop together to pick out all-natural soaps, shampoos, conditioners, and skin oils that you both enjoy. Awaken your body with essences of rosemary, mint, basil, or citrus. (Just be sure to dilute your oils before using.)

2. Touch

- Toss your towels in the dryer to heat them. This simple act says, "I care."
- Find a water temperature that suits both of you.
- Wash your partner and pay special attention to the parts you plan to lick and fondle, as well as the parts that you want to discover and explore. Forget the term "foreplay," which means any act that precedes another; think instead of "foreshadowing," which carries tantalizing hints of what's to follow.

3. Clean

- Apply the "good enough" standard to your cleanliness. Let the water and your anticipation work their magic, and you will both look gorgeous fresh from the shower.
- Shampoo her hair. Scrub his back. Massage her shoulders. Hug and kiss under the running water. Use a handheld shower head on yourself and each other (but for her safety, never jet water into her vulva).
- Prep yourselves now for pleasure in bed later. Shave and use a body scrub made from sea salt or sugar—straight from your kitchen to save time and money—for glowing skin you'll admire in those mirrors. As a sign of trust in your partner, let him or her do some of your grooming.

4. Communicate

- Because most showers have only one nozzle, each of you will have to ask for time under the water, so give and take freely. Sharing in the shower serves as a prelude to an egalitarian exchange in bed.

- Talk not only about what feels good, what tickles, or what is sore or tender, but also about what you want to do with your partner later in bed.
- Make the other person feel attractive by complimenting body parts other than breasts, pecs, penises, and butts. Eyes and smiles are commonly praised, though that doesn't mean you have to ignore them. Talk about a body part in terms of how it makes you feel: "Your arms make me melt when you hold me" or "I love falling asleep at night to the smell of your hair."
- Let your voice take over when there's an interruption in eye contact, for instance when you turn your back to rinse off.
- On her back, trace messages with your finger that she has to guess, or play "I Spy" with body parts. "I spy with my little eye something I'd like to___." Remind yourself that sex should be playful.

5. Explore

- Investigate your bodies without fault-finding. What do his calves feel like in your hands? Notice how angelic she looks without makeup. Where on his body can you touch that will elicit goose bumps and giggles?
- Take advantage of the freshly cleaned "dirty" parts. If you want to lick or suck something, now is the time to go for it. Whether it's her toes, his ass, or your underarms, which are all erotic and charged with nerve endings, let the soap and water pass over first, with your mouth soon to follow. Eventually you won't restrict these hot actions to the bath or shower. On the contrary, crawling dripping wet into bed, your partner will say, "Honey, I just wanted you to know that I washed everything. E-v-e-r-y-t-h-i-n-g."
- Dry each other off, with the same affection and curiosity with which you washed, and then caress, stroke, and kiss your way to the bed.



POSITION 1

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POSITION 1: Intimacy Blanket

Whether it is from past partners, current clients, or the models who helped make this book so beautiful, I am told that this position provides warmth, security, and a closeness like no other. The movements are slow and shallow, two words that you now know appeal to the first third of her vagina. Your breathing will synchronize, and even heartbeats have been known to match in this position.

Because the eyes cannot connect in this position, the hands and body serve as proxies that make the mind-body connection. After reading about the 9th Movement on page 122, you can adapt both of these positions for anal sex as well.

- ♀ Lie down on your stomach, with small pillow underneath your belly. This elevates your hips, and makes it easy for him to penetrate. It also puts you into a position called *lordosis*: an arched lower back that higher-level primates use as an “all-points bulletin” for cock.
- ♂ Grab a light, all-natural massage oil, and with flat, gentle palms, apply a microthin layer to her back and the backs of her legs and arms. Always start with the least erotic body parts and build up to the most erotic, saving pricks and pussies or clits and cocks for last.

- ♀ Let your mind wander, as he caresses you with oil. Be mindful of your thoughts and see where they lead you—let everything arouse you.
- ♂ Vary your strokes, as your hands move up her legs toward her vulva. Tease the outer lips with your fingers, and let them sneak into the folds of her pussy lips.
- ♀ Grind your pubic mound toward the floor, if the surface beneath you is firm. If there's not enough pressure below, place your non-dominant hand over your dominant hand, and slide them under you so that the heels of your palms are against your pubic mound. Your fingers should find themselves against your inner and outer lips.
- ♂ Penetrate her pussy with your middle finger and stimulate her ass with your thumb, as though you were holding a bowling ball. Open your mind: Ass play mesmerizes the nerves we have there, and this goes for you too. If you have a spare hand, touch your ass, nipples, or abs—all to get your cock harder.
- ♀ Let your fingers dip into the warm, wet folds of your vulva, as you press against the floor or your hand. If you need to have better access to your pussy, contract your butt muscles, and your pelvis will rise up enough for you to reposition your hands and fingers.
- ♂ Stroke yourself, if you aren't hard already. Prepare to penetrate her, whether that means using lube, a condom, or anal stimulation on yourself or on her.
- ♀ Align your non-dominant middle finger with your other middle finger, so now your dominant palm heel is near your navel, your dominant fingers rest on your clitoris (reinforced by your other palm heel), and your non-dominant hand can stimulate the rest of your pussy. Unless you have long fingers, the chance of your stimulating your own ass is a slim one, but you can always ask your partner.
- ♂ Lean forward while you are on your knees. If you are strong enough and your cock needs coaxing right up to penetration, place your non-dominant hand to that same side of her ribs (your left to her left side, or vice versa for southpaws). Use your dominant hand to guide your cock into her elevated pussy. (If you have a weak back or carry extra weight, place your arms on the outside of her ribs. Slide your body up hers, until your erect penis enters her.)

- ♂ Attain sexual harmony by lowering your upper body onto her slowly. Press your abdomen into her spine and lock your fingers into hers. Check in with her—and invite her to check in with you. Adjust yourself as needed for more pleasure and for less stress on the body.
- ♀ Feel him merge with your body, inch by inch, as he settles down onto you.
- ♀ After a few strokes, prop yourself on your forearms to make sure that you are both wet, well lubed, and in harmony. Remain there and enjoy the unhurried in-and-out movements of his cock.
- ♂ Make slow, shallow penetrations with your lower back to save your arm strength. You can also prop yourself on your forearms or hands for variety. Your cock rubs the front, upper portion of her vagina, and your balls arouse her inner and outer lips. Imagine yourself melting into and then through her. Remember: The first third of her vagina has the nerves that respond to rubbing, so your penetrations needn't be deep or fast. Become her Intimacy Blanket.
- ♂♀ Take advantage of the mirrors, when you can't see each other directly, and call attention to something that is a particular turn on. It brings the focus back to both of you.






POSITION 2

POSITION 2: Transition

The next back-to-chest position requires you both to be on your knees, continues the shorter strokes, and allows for him to stimulate her breasts and clitoris. To shift to the next position, she takes the lead.

- ♀ Pull your knees into your chest, as you distance yourself from him and reposition yourself on your abdomen or your forearms.
- ♀ Place your hands on the support in front of you—a headboard or other piece of furniture—and brace yourself. If you find you don't need both hands for support, use one to heighten your excitement.
- ♀ With a sexy turn of the head, let him know you are ready for more sex.
- ♂ Raise yourself to your knees and then forward, after she moves forward and away from your cock. Reach your hands under her pelvis, and pull yourself to her, not her to you, so that she can sit back onto your bent knees later. Your backs will be parallel to each other and to the floor. Your legs will be inside hers, as you lower your chest to her back.
- ♂ ♀ Continue to make love in this position, and both of you should strive to keep her spine to his chest, so that you have as many intimate points of contact as possible.



A full-page photograph of a man and a woman in a romantic embrace on a bed. The woman is lying on her side, propped up on one arm, looking towards the left. The man is leaning over her from behind, kissing her neck and holding her waist. They are both unclothed. The background features a window with white curtains and a vase of yellow flowers on a bedside table.

**“Intimacy is
openness, so don’t be
afraid to share those
orgasms with your
partner, the neighbors,
or the world.”**



POSITION 3:

The Pious Missionary

The Pious Missionary gives new meaning to having a “love seat.” The couple’s bodies are close together for intimacy; his cock and her pussy are engaged in a slow, romantic dance; and four hands are free to stroke and play with any of the untouched, unstimulated body parts.

- ♂ Fall back onto your heels, as you bring your knees together to make your luxurious lap.
- ♀ Sit back on and against him. Your hand—or his—can help guide his cock back into you. Once he is inside you, reach back and grab his arms, his waist, or, if you feel balanced, touch your clitoris, breasts, or any part of your body craving attention.
- ♂ Continue penetrating her, with your chest to her back. You have two hands free to stimulate and explore her body and yours.
- ♂ Put your mouth to her ear for a kiss, a whisper, a suggestion, or some words of romance. Arouse her mind as you arouse her body to reach whole-body orgasms.
- ♀ Use your words and body to guide him where you want and need him. Enjoy the time together, and when you come, come loudly so that it echoes off the wall in front of you.

BONUS POSITION



CRESCENDO

Bonus Position: The Jet Ski

Having reached this 7th movement, one or both of you may be ready to surrender your orgasm to your partner. Operating on that assumption, follow these instructions for a mutually gratifying experience by turning the Pious Missionary into a sexually rewarding experiment in light bondage—without cuffs or straps.

- ♂ Until she tells you that she is ready, hold back on the thrusting. For what she has to do, your thrusting will throw her off balance.
- ♀ Lean forward and place both arms behind you, as though he were going to handcuff you.
- ♂ Grasp her wrists, one in each of your hands, and resume thrusting. You can also lock one or both elbows, to shorten the reins. The position will look like a Jet Ski, but much more fun to ride. Provide only as much pressure as she invites. This should not cause pain to her shoulders, elbows, wrists, or back. Rather, it should allow her to fall forward—or back toward you—without losing her balance.
- ♂ ♀ You will both need to communicate during this position as neither of you will have a free hand to provide additional stimulation, yet this position can provide you both with an awesome genital orgasm.

Brava! Bravo!

As he leans forward into her, he can caress her breasts, hair, face, hips, shoulders, and neck. Gentle kisses at the top of her spine or behind the ear are lovely. He can massage her back or stroke her thighs and buttocks. She can reach back with her arms to caress him and, with a twist of her body and a tilt of her head, they can kiss. If there's no more energy for another cycle of love-making, relax back into a classic spoon position. His arms become her pillow and duvet; her back becomes his blanket. She can reach over and behind him, to bring them closer.

Find a speaking level somewhere between a conversational tone and a whisper. Ask what your partner is feeling, continue to explore your bodies, and don't be afraid to touch yourself. As post-coital, cuddle hormones flow through you, give yourselves over to the urge to hug, to doze, to chat, or to be perfectly still. You can turn toward each other to kiss or talk, or to repeat or initiate something from another chapter.

Let's face it: When it comes to identifying the single most romantic position, we don't always see eye-to-eye.

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2nd

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4th

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7th

8th

9th

10th

11th

12th

13th

8th Movement

Building an Erotic Ensemble: Achieving Blended Orgasms

As human sexuality has become more medicalized, we have seen the definition of what constitutes an orgasm limited by some formula that looks something like this: Body Part × Time under Stimulus = Orgasm. I was never good at that kind of math, which is why I support clients in having blended orgasms. Blended orgasms work like a game of “connect the dots” in which our erogenous zones are the dots. Traditionally, blended orgasms for women could be minimally a dual combination of clitoral and vaginal stimuli. But what if a woman can come from having her clitoris tickled and her elbow licked? In my world, *that* is a blended orgasm—one that involves an individual’s erogenous zones in a whole-body, “connect-the-spots” sexual response.

POSITION 1



POSITION 2



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Pretzel Sticks

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Twist and Shout

In “Getting Started,” you learned where your particular erogenous zones are (and remember, they will change over time). In the 1st movement, you learned where your partner’s are. This chapter will put you in positions that will help you and your partner view and touch several time-honored erogenous zones that excite many people, in addition to a few areas on and in your body that you might find exciting as well. The key is that you communicate with your partner about which ones turn you on.

Setting the Stage

Because this chapter relies a great deal on touching and stimulating the body, cleanliness is imperative. Consider taking a sensual bath or shower, accompanied by some dirty talk or sexy whispers, which will add to the outercourse. Also, because the feet and hands get involved, a manicure and pedicure—professional or not—would be in order.

To help you create different types of touch—and each body part has its own comfort zone of acceptable touches—conduct a sexual scavenger hunt around your home and see what you can find. Perhaps a piece of silk, satin, or velvet. A feather or, if you are allergic, something just as soft and provocative. A bowl of ice cubes or ice that you have frozen in various shapes (popsicles are off-limits because of the sugar they might introduce into the vagina, resulting in a possible yeast infection). There are also stainless steel toys you can warm up in water. You could have massage oils on hand with various natural essences. Add to the list with your favorite music, a blindfold, and some old neckties for light bondage or to brush over your partner’s body. Reacquaint yourself with your partner’s erogenous zones and devise various ways to stimulate them. And if you don’t remember them all, ask.

Warm-Up

The following activities are repeated so that both sexes get to enjoy similar treatments. To ensure that the man is as hard as possible and ready to penetrate her, she will please him prior to the first position.

While she lies on her stomach, pick an object and move it over her body, making sure not to miss any of her erogenous zones. Perhaps a feather across her ass, an ice cube in her vagina, her feet in your mouth.

Paint her erogenous zones with melted chocolate or a favorite jam that you have submerged in the jar in warm water. Rub her with essential oils, trace a rose down her back and between her legs. When you have stimulated her backside long enough, she rolls over, and invites you to explore her front in the same way. Maybe she is blindfolded—with her permission, of course—to heighten her other senses. Removing or restricting one of the senses can be erotic, but it can also be frightening, so make a point of asking before you do. Moreover, whenever you experiment beyond the realm of vanilla sex, offer a safe word—a word that you would probably not use during sex—that means STOP as soon as it is uttered. Once you establish that level of trust, the evening’s events can feel all the more erotic.

When her erogenous zones have been explored and stimulated, and when both parties agree that it is time to move on, then they can switch: She can explore his back and front, from top to bottom, trying to incorporate as many of the previous lessons as possible. If you find yourself at a loss and needing ideas for how to explore and bring pleasure to his body, invest in some sex dice (see Resources on page 189). By rolling for a body part on one and for a sexual activity on the other, you’ve got endless ways to get the sparks going.

In the end, he will be on his back, ready for the next position, and both should be wet from saliva, melting ice, or their own bodily fluids—the latter being the penultimate goal!

Tantalizing Tidbit: Hot Wax

Wax is commonly used on surfboards or as a hair removal aid, but it also comes up in questions from clients eager to try out something new without going too far. So, without writing a treatise on hot wax, let me give you a few tips. First, to foil any allergic reactions, look for odorless, colorless candles. Next, the temperature of the wax when it hits the skin will depend on how high the candle is held: Wax dripped onto his back from 6 inches (15 cm) will feel hotter than if it is dripped from 6 feet (1.8 m). To gauge the temperature, drip some wax onto the top of your foot from various heights. Finally, avoid parts of your body that you would never want to have wax in, such as the ears and eyes. This can be a safe way to explore the realms of light pain and heavy pleasure; just be mindful of the *safe* part. Be careful when you play with wax and fire or somebody could get burned.

“Try to generate a mixture of warm and cold. You could lick her skin (make your initials) and then blow on it for a cool sensation.”



POSITION 1: Pretzel Sticks

From a distance, this may look simply like woman on top, but there are a few “twists” that earn this position its name and erotic characteristics. The thrusts are slow and shallow, and by now you know what that means: It appeals to the first third of her vagina. It also leaves room for ample leg touches, clitoral stimulation, and a luxurious pace that allows both parties to focus on everything that’s going on.

- ♀ Straddle him, so that he can enter you while you’re on top. Lean forward, as your feet go back toward his and inside his legs. Press your breasts into his chest, or, if you want him to tongue them, prop yourself on your forearms to allow ease of access. Your back is now exposed, so tell him where you want his hands to go. The goal is to grace as many of your erogenous zones as possible.
- ♂ Place your ankles on top of hers, creating the twisting of pretzel sticks. Following her directions, use your hands to explore her body as your mouths lock in a passionate embrace. The key here is to maintain the tension on the inside of her legs. A good visual, if you had a mirror above you, is that your legs—from your waist to your feet—will look like a heart.





POSITION 1



POSITION 1

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- ♀ Try to brush against his legs, pausing to rest every once in a while, as you rub into and against him. The pressure in your legs will create a contract-and-release effect that will benefit your vagina and his cock.
- ♂ Suck each other's fingers and earlobes, as long as you find it pleasurable. For "aural" sex, make sure to talk to her.
- ♀ Grind your body into his and let him know what he can do to increase your pleasure. Perhaps you can hold his arms past his head, simulating light bondage, if that turns him on. Rise up on your forearms and hang your breasts just out of tongue's reach. Then scoop your arms under his shoulders and ask him to roll over onto you.
- ♂ If she needs some help with extra stimulation, offer a hand or two, and she will do the same when you roll over.
- ♀ With him on top of you, the process repeats, making sure that his erogenous zones that might get overlooked—such as his perineum (the space between his rectum and his scrotum)—get the attention they deserve. Also, lock your ankles over his, so that he too can feel the additional leg touch of a twisted pretzel.
- ♂ If she needs frottage (body-on-body rubbing), provide it for her the way she sought it from you.
- ♀ There is no judgment, so if he needs a finger or a rose petal or an ice cube here or there, indulge him, the way he indulged you, for maximum pleasure.
- ♂♀ Continue to communicate with each other, and when you are ready to progress to the next position, let each other know.



POSITION 2: Transition

This transition gets you ready for the next position: a side-saddle version of the cowgirl.

- ♀ Put your hands in a push-up position. Walk back so that you are on your knees, between his legs; he is no longer inside you.
- ♂ Stand up and walk around to either side of him.
- ♀ While on your back, pull your legs in, so that your feet are flat on the surface. It will look as though you're ready for a sit-up, but one leg will extend to lie flat.
- ♀ Place one knee over his flat leg, and sit down on his penis, so that you are facing 45 to 90 degrees to the center of his body. You can rest your hands wherever they might naturally fall—perhaps on his chest, on a knee, or an ankle. They are also free to provide stimulation if you don't need them for support.



POSITION 2

POSITION 3: Twist and Shout

The final position in this chapter encourages deeper penetration without thrusting, while providing eye-to-eye contact and immeasurable pleasure.

- ♀ Begin to move up and down on his penis. If you need additional stimulation, get it from grinding or by enlisting any of the three or four free hands.
- ♂ Use your two free hands to meet your additional needs—to rub your pecs, or to touch her body or anywhere else. If your needs are met, use your hands to assist her in reaching climax. It could be the case where you swap hands. The hand farthest away from you might be best to stimulate your ass, and you can lend her one of your hands as well.
- ♀ With slight undulations of your hips, you can create a slight twisting motion, which might please you both. You could also dismount and try this position from the other side, especially if his penis curves to a particular side; each variation will surprise you.
- ♂♀ Because kissing is hard in this position, you can suck on each other's fingers after kissing or sucking on them yourselves. It's like giving your partner a long-distance kiss!

CRESCENDO

At this point, there is no need to change positions, but rather to increase stimulation. She will be able to control the depth and speed of entry, and he can still push up into her, if he needs to combine thrusting with other stimuli that he is getting from himself or his partner.

- ♂ If you enjoy more shaft stimulation, change the speed and depth of your thrusts. If you need additional turn-ons—from touch, sight, smell, taste—make them happen or ask for help in making them happen.
- ♀ Think of a blended orgasm as an exercise in connect the dots. What dots still need to be connected? Can you do it, or do you need to ask for help?
- ♂ Focus on yourself, on your partner, and on both of you. Work to achieve an amazing orgasm without shortchanging your partner. If you come first, ask how you can help her climax. Grab a body part or grab a toy. Grab both. Whatever it takes, lend a hand.

To reach and experience blended orgasms can leave you both exhausted. Cuddle and savor the moment. If you want to start over again, go for it.

Brava! Bravo!

Striking a chord in bed can be as simple or as challenging as combining two or more of your erogenous zones for an amazing rush. Don't get locked into what constitutes somebody else's definition of a "real" or an "authentic" orgasm.

Leave it to the experts to argue over what a "real" or "authentic" Stradivarius is, and you can name your blended orgasms as you experience them. Hell, from now on, their "yourgasms."

**"Some people enjoy
having their body stimulated
by somebody's mouth,
and others get turned
on when their mouth is
on some body."**

1st

2nd

3rd

4th

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6th

7th

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9th

10th

11th

12th

13th

9th Movement

The Key of A: Anal Play for Amateurs and Professionals

In his play, *As You Like It*, Shakespeare calls everyone “players” who “have their exits and their entrances.”

Though I don’t agree that everybody is a player—and, trust me here, I am not a player-hater—I will admit that in the case for the best sex, even our exits can be entrances. Anal play and anal intercourse can provide immeasurable pleasure for men and women, because we know that both partners have been created equal, that they are endowed with anal-able rights, and that both can be provider or receiver, pitcher or catcher.

POSITION 1



POSITION 3



CRESCENDO



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: The Fireman's Pole

XXXXX POSITION 2: Transition

XXXXX POSITION 3: The Ramp

In spite of the potential it offers for pleasure and excitement, whether for reasons or rumors of religion, hygiene, or supposed pain, anal intercourse remains a difficult subject to broach in a relationship. So before you initiate a healthy conversation about introducing anal sex into your bedroom so you can learn to enjoy a "backyard get-together," let's dispel a few misconceptions and discuss how to talk about anal sex.

Anal sex is dirty. Though a potential for germs does exist—inevitable, considering the anatomy involved—there should be "no traffic in the tunnel." That part of the rectum is not home to any fecal waste, but an anal douche or enema can help alleviate a couple's concerns. It's also important to use a condom as often as possible, and, despite what you may have seen in erotic films and magazines, not to shift from anal sex to other forms of penetrative intercourse to avoid cross-contamination.

Anal sex hurts. By following five simple steps to help you relax, you can have anal sex that is as pain free and as pleasurable—if not more so—than other forms of sex. Anal sex is one of those parts of life that follows the axiom be careful what you wish for, because you might get it. People who predict that it will hurt are likely to feel pain, and those who slide under the covers expecting fun and excitement will probably be back for seconds.

Anal sex can cause serious permanent damage to your rectum. When done safely and as one item on your sexual menu, anal intercourse will not damage the rectum permanently.

If a heterosexual man plays with his own ass or asks his girlfriend to, that means he is gay OR anal activity can make him gay. Using a finger, tongue, or toy for anal play can no more make a heterosexual man gay than eating bananas would turn him into a monkey. Besides, not all gay men participate in anal sex and not all monkeys eat bananas. To every man reading this book, I give you permission to explore every part of your body; perhaps if you were to "press the P-spot"—your prostate—or even get close to it, you might have pleasure like you've never had before. Believe millions of happy hets: Anal play doesn't make you less heterosexual—just more sexual.

Setting the Stage

When thinking musically about anal sex, your soundtrack should be Louis Armstrong's *We Have All the Time in the World* rather than Rimsky-Korsakov's *Flight of the Bumblebee*. Relax, because good things come in those who wait. The five notes of anal intercourse are: *communication, trust* (both in yourself and in your partner), *lubricant, breathing*, and *time*. Copious amounts of each will maximize you and your partner's backdoor bliss. When all of these are present, you can do the most important thing relating to the enjoyment of anal sex: RELAX.

To maintain and build on communication and trust—the two things that should be present in every sexual relationship—the bedroom is the sexual venue for this chapter.

Take time to make the room—and your partner—as comfortable and as worry-free as possible. If something distracts—or worse, startles—the penetrated partner, it could end the anal experience and make it difficult to return to a stress-free state of mind.

Please also take the time to clean yourself inside and out before you proceed. If tonight's "the night," slip something comfortable in, namely an anal douche or enema, before you slip into something more comfortable. Fans of anal sex will even involve their partner in the cleansing process, which adds another level to the experience. You can buy enema bags or bottles online or from any drugstore.

Warm-Up: Rub Them the Right Way for Trust and Relaxation

The five elements necessary for pleasurable intercourse (*communication, trust, lubricant, breathing*, and *time*) are not only essential for engaging in anal sex, they are also key ingredients in a time-honored sensual practice: massage.

The gentle and caring *laying of hands* can convey an entire love story to your partner. A massage also steadies our breathing and calms us. And because massage is intended to relax us, it takes time and patience—a lesson that applies to the enjoyment of anal intercourse as well.

Both our skin and rectal lining lack lubrication, and one of the best all-natural lubricants for massage just happens to be my favorite lubricant for sex: organic coconut oil. Solid at room temperature—"sex butter"—and ready to melt on or in you, coconut oil has a fragrance that evokes the tropics, and it might become your second favorite thing in the bedroom after this book. You should scoop the coconut oil into two saucers: one for the "pre-game show" massage and the other for the "main event." For hygiene reasons, don't scoop directly from the original container.

Full-body massages are fabulous, but there are three reasons why a backside-only massage is best in this instance. First, the starting position for sex will have her facing her partner, so we aren't looking to the massage to establish intimacy. Second, because her breasts and vulva remain hidden while she's lying on her stomach, his sexual thoughts will not be genitocentric. Third, with her butt facing up and directly in front of him, an end is in sight. Most importantly, face-up-first massages can make many people nervous, because all their vital organs are exposed, and—again—everyone should be relaxed for what's to follow.

He should take time during the massage to become aware of her breathing, which he can do by listening to her breathe or feeling her back rise and fall under his hands. Straddling her legs and facing her head, he can push down gently on her back and up toward her shoulders, as she exhales, and then let his hands trail lightly back to their starting point when she inhales. He can then rub her arms, legs, feet, fingers, shoulders, and back, staying away from her butt for as long as possible—partly to build anticipation, and partly to keep her from thinking he is headed straight for anal sex. While massaging her, be careful not to tickle her; causing her to giggle will tighten the orifice that you are hoping to relax. An effective and affectionate way to help her stay relaxed is to keep one hand on her at all times, especially because she

is face down and cannot see what he is doing. He should focus on calming her and on building trust. He should keep his hands away from the valley between her two butt muscles until she signals that she is ready for the next phase. A simple and practical signal might be that she pulls one knee toward her or under her, which exposes her rosebud to his fingers.

At that point, she is inviting him to explore her ass, but he should refrain from penetrating her. Instead, he should lube his fingers using the other saucer of coconut oil, and then the penetration can begin. She can continue to lay flat, or he can slide a small cushion under her navel to elevate her ass.

He can trace around her anus with his oiled fingers and use one of his smaller fingers with light pressure to penetrate the opening. She remains in complete control, so he should not try to enter her any harder than she wants. To open that first sphincter even wider, it helps if she presses her rectum out, as though she is trying to expel his finger. This phase of anal stimulation provides all the elements of great anal sex, and allows for the penetrator to introduce an ample amount of lubricant into the penetrated area. For a technique that feels wonderful to all receptive beginners, he can insert a finger just up to one knuckle and pull and push ever so slightly while remaining inside of her. I call this game "Tug of Wow," and it can be used to heighten partner or solo sex.

As she begins to relax, he can switch to a different and equally well-lubed finger, even using two fingers with advance notice and her approval. When she is relaxed, lubed, and comfortable, and when she has learned to control her breathing and the depth of penetration, the couple is ready for the next step.

Though this may seem like a huge amount of time to the penetrator, it is necessary for the penetrated partner. If the roles were reversed—a woman can penetrate a man with fingers or toys (known as *pegging* in street lingo)—men would have empirical evidence about just how important those five steps are for relaxation derived from communication, trust, breathing, lubricant, and time. So, gentlemen, if your partner writes me about what an amazing and patient anal lover you are with her, then I pray she's got you pegged.

POSITION 1: The Fireman's Pole

To help a woman relax during anal sex, she should feel in control. One of the best ways to do this—and one of the best ways to position her rectum in a way to accommodate his cock—is for her to be on top with her hands in his for support. This lets her control the depth and speed of penetration and she can get off at any time she feels uncomfortable. Quite often, when the man is on his back, gravity pulls the blood that should be in his cock to his back, glutes, and legs. Her pull—squeezing her sphincter around his cock as she moves away from him and releasing her anal grip each time she lowers herself onto him—should be enough to compensate.

For anal sex, I encourage clients to have anti-bacterial wipes on hand, and this would be an ideal time for him to cleanse his fingers, as he transitions onto his back. The first position continues with the trust that the couple has built up to now, and it allows for the woman to manage the depth and tempo of the penetration. It also permits eye-to-eye contact.

- Lie down on your back, with your head on a pillow. To ensure your hard-on, stroke yourself as she mounts you.
- ♀ Straddle his hips, with your face toward his. Another option, if your knees can handle the torque, is to place your feet flat and to each side of his hips. If you opt for this more gymnastic position, hold onto his hands for support; otherwise, you risk sitting all the way down on his erection, which would forfeit the control

this position offers you. His cock will make it easily past the first sphincter, and might meet resistance with the second. If that is the case, take a deep breath in, and as you exhale, push out through your rectum and down on his cock. If you need to, hold that position until you feel yourself open up. This is a “get acquainted” phase of anal-penile penetration.

- Until she asks you to push deeper into her, remain stationary. As much as you may want to have porn-movie anal sex, this as an exercise in patience. So instead of trying to get deeper inside her ass, try to get deeper inside her mind. Is she enjoying it and what is she thinking and feeling? Likewise, share with her how it feels for you. Is it a turn-on or are her sky-scraping recoils turning her butt into a nut-cracker? Remember that anal sex should not be painful for either party.



POSITION 1



- ♀ If you are not holding onto one or both of his hands, you can stimulate your own nipples or his. If you feel comfortable and want to surrender some of your orgasmic control to him, tell him what he needs to do. Likewise, you could also rise onto your knees or feet to control or even interrupt the penetration. By leaning forward, you allow him to push less into you.

Again, communicate how shallow or how deep his movements should be. Many women will come from the anal stimulation combined with rubbing the mound and clitoris against his pubic bone. Enjoy the rush, and come as many times as you want in this position.

- ♂ Because many men find that anal sex is tighter than masturbation, you might have to tell her to slow down or to lighten up on her boa constrictor technique. Otherwise, you risk ejaculating and giving up your role as human dildo. If you continue to ejaculate early during anal sex, refer to the first chapter to learn about masturbatory training for sex.

If she feels ready for more thrusting, and if she wants to continue, the couple can transition to the next position.

POSITION 2: Transition

I don't recommend the roll-over transitions that are sometimes seen in porn movies or that are used for vaginal intercourse because they could result in a penile fracture. It is best for the two of you to disengage, change positions, re-lube, and prepare for reentry as follows. So let out his dingy before you invite him back to dock safely in your harbor.

- ♀ Raise up high enough so that his penis slowly leaves your ass.
- ♀ Lean forward, press your breasts into his chest, and kiss him.
- ♀ Roll over on your side, so that your head rests on the pillow beside his pillow, and then roll the rest of the way onto your back. To make this position as relaxed as possible, comfort your lower back with a small pillow. This lumbar support is crucial if you are new to anal sex, have a weak core muscle group, or suffer from neck pain; however, his knees in the upcoming position will nestle your back as well.
- ♂ To protect your knees and back, turn your back to her and pull your knees into your chest.
- ♂ Push up on both arms and turn over, so that your head is now over your pillow, and you are in the “doggy-style” position with your head and hers in the same direction.
- ♂ Push back on your hands and up onto your knees; you should be just several inches to the side from your partner who is waiting for you to continue. Slide over on your knees so you are both in alignment.
- ♂ Dip your fingers into the sex saucer—not the massage saucer—and re-lube her ass as well as your cock.
- ♀ Pull your knees into your chest, which will elevate your pelvis—as will the small cushion under your back.
- ♂ Grab her thighs in each hand and pull her up onto your bent knees—the ramp—as you position your cock at her ass once more. You are now ready to ramp up the pleasure!



POSITION 3

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POSITION 3: The Ramp

Because she has been in the driver's seat for anal sex, her mind and body are in a place where she can take the lovemaking to the next level in this modified missionary position. Forming the "ramp" in this position, his thighs support her buttocks and lower back and prevent him from making jarring or forceful thrusts, which he might be inclined to do from a rear-entry position.

- ♂ Be careful on reentering her, as one or both of her anal sphincters might have constricted. If it feels too tight, return to slow and loving digital penetration until she relaxes again.
- ♂ Once you have made it through both locks of her secondary love canal, turn your forearms palm up and hold her bent legs with her feet to each side of your chest.
- ♀ With your feet now at his side, your knees on or to the sides of his chest, your upper back on the bed, and your vulva pointing up toward his navel, communicate with him about the penetration and speed that feels good. This is also a time to play with your vulva and clitoris or to enjoy a vibrator on your clit, on your mound, around your vulva, or in your vagina.
- ♂ You can control the penetration with your hips as well as by holding her legs. Both of you can make small rocking motions to allow for short or deep, slow and fast strokes.



CRESCENDO

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CRESCENDO

Though the human rectum is tight enough to make many men come, and because the neural pathways can have an equally powerful effect on women, no additional stimulation may be necessary for either party to climax. However, if she wants additional stimulation to reach orgasm, he could slip his fingers into her vagina and press up toward her navel. His thumb could stimulate her clitoris, mound, or vagina. She could also provide additional stimulation to those same areas. She is now receiving anal, vaginal, and clitoral stimulation—the ultimate blended orgasm. As she has her orgasm, her anus will tighten even more around his cock, which might result in his ejaculation and the potential for an additional orgasm for her.

Brava! Bravo!

After this experience, he can lean forward and bring his chest to hers as their lips meet. Whether this was their first anal experience or their hundred-and-first, the couple can take this time to talk about it and what it meant to them both physically and emotionally. For hygiene as much as relaxation, a warm bath or shower can help return both partners to the pre-coital state, and prepare them for bed, for work, or for vaginal sex.

By talking before and during anal sex, trusting your partner, relying on deep diaphragmatic breaths, having ample lubricant available, and by taking your time so that both partners relax, anal intercourse should be pleasurable—and not a pain in anyone's ass.

1st

2nd

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10th

11th

12th

13th

10th Movement

Allegro con Fuoco: The Quickie

A handful of people might know that Rossini wrote a four-hour opera about William Tell, but I would guess that most everyone would recognize the twenty-six-second opening to the *Lone Ranger* from the opera's overture. John Williams, the famous American composer, crafted a stately theme for NBC, but most of us still recognize the broadcast company better by a seventy-five-year-old musical ménage à trois, G-E-C, three notes that announce N-B-C. If the sex in the other chapters is akin to an orchestral symphony, then consider this chapter the equivalent of short musical snippets or, better yet, commercial jingles. A successful jingle captures the essence of an entire brand; it implants that brand deep in our minds—and can remind us of how much we want to have that brand in our homes, in our lives. Quickies are like sex jingles.

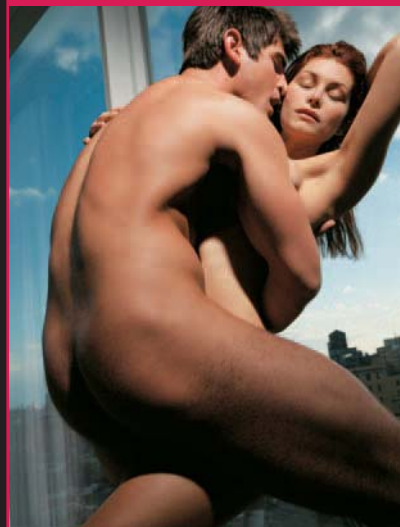
POSITION 1



POSITION 2



POSITION 3



This Chapter's Positions and Their Degrees of Difficulty:

XXXX POSITION 1: Love Bridge

XXXX POSITION 2: Transition

XXXX POSITION 3: Eiffel Tower

Whether it's because of roommates, houseguests, children, or somebody banging on the restroom door, sometimes we have enough time for fast sex only.

Quickie sex can tell your partner, "I wish we had more time for a longer session, but I want to connect with you right now for as long as we can." Quickie sex can be spontaneous and thrilling, especially when there is an element of risk—you sneak away from a dessert party to enjoy some dessert of your own. I would advise holding off on a quickie only when there is adequate time for and interest in something more substantial on the part of one of the partners. Other than that exception, any time can be sex time.

Setting the Stage

Quickies rely on the players, the place, and playing time. Quickies can be spontaneous—like an impromptu jam session—or planned. If a couple knows that a quickie will take place, they can dress accordingly. Kilts work well, as does going commando. For some, unbuttoned or partially removed clothes during a quickie give the feeling of being enveloped in sheets. It allows the exhibitionist in you to return to work with your buttons misaligned, a cufflink missing, or a skirt inside out. The key is to remove only what is necessary so reassembly can be speedy. Depending on the clock, on who's coming back with the fast food, or how long you can keep the "stop" button pressed on the elevator, both partners may have to return to "all systems normal" right after their climax as Mr. and Ms. Come, Cool, and Collected.

Another important aspect of quickies is what helps make everything else so necessary—the scene. If you had access to a secret bookcase that hid a soundproof safe room, it might make a quickie less exciting. The problem with what I dub "quickie quaints"—those top secret sex serendipities that we discover and to which we are so eager to return—is that we can't tell people about them. If we did, the next time we went with a partner, it would look like some kind of Roman orgy.

Without giving away precise locations (or identities), my clients have enjoyed quickies in the following spots:

- "The gender-neutral bathroom down the hall."
- "The area behind the local shopping center."
- "Our car."
- "Open house real estate tours."
- "Closets."
- "The elevator."
- "The stairs." (Sexologists suggest the upper floors, where nobody goes—except the seventy-four people who also have had quickie sex there.)
- "Abandoned buildings."
- "Picnic site, when nobody was around."
- "A tour of a candy factory. We snuck off to the abandoned room where they make sparkling beverages."

**"Let's face it—life in the fast lane
sometimes means sex in the fast lane too."**

- "Mountain top."
- "Just inside our door, wedged between both walls."
(A great way to ensure that nobody comes through the door.)
- "A pre-dinner shower."
- "At the health club in the sauna, just before closing."
- "The beach behind the dunes."
- "A secluded bench in the park."
- "In the dell near a pretty footbridge in a colonial college town in Virginia."

The point is simple: Do have fun. Don't get caught.

Warm-Up

With these jam sessions, there's little time or space for sexplay. That said, when you call your partner to say, "Honey, let's sneak into my office after lunch and we'll have sex before the conference call," the announcement itself becomes part of the sexplay.

To make every minute count, a quickie must boil sex down to the basics. You see, with a quickie, a lot of things happen in a rush, all at once. Remember TV dinners? Everything is laid out on one tray: appetizer, entree, side dishes, and the sweet dessert that some people always eat first. In a sexual sprint, as you race down the hall or into the closet, the feeling of unbuttoning your shirt or hiking up your dress, the thought of what the person running alongside you will look like naked and panting—that is your sexplay. The thought of sex, coming, getting caught, or getting back to the rest of the house tour before the real estate agent catches you—makes you wet all over.

"Clothes make the quickie, which explains all those tiny, impossible-to-unfasten buttons on the backs of wedding dresses. It guarantees that the wedding includes 'something blue'—the groom's balls."

POSITION 1: Love Bridge

Because of the theoretical need to flee, the first position is designed in case you both have to hightail it out of there. If you feel that you can spend more time together, then take advantage of the next position. The Eiffel Tower makes a nice ending to a “whew!” moment, because you face each other in an embrace for the rest of your rushed time together.

- ♀ In whatever state of undress that makes you comfortable, turn your back to him and spread your legs. Depending on the height of the partners, you might need to raise or lower yourself. If you need to be higher, heels can be the perfect solution—not to mention a turn-on.
- ♀ While he undresses—or while he watches—you can wet your fingers and rub your vulva for lubricant. Not to worry: He’ll soon be behind you adding his own saliva to the mix. If he has trouble getting hard, take a hint from the early days of porn when there were fluffers, people whose job it was to get a porn star hard by stroking and sucking him to rigidity.
- ♂ Time permitting, you can drop to your knees and position yourself under her spread legs to lick her clitoris and vulva.
- ♂ Standing, and then moving behind her, you can rub your hard penis back and forth along her inner and outer lips, as you reach under and around her waist to find her clitoris. Sex produces liquids, so make sure that your clothes and hers are out of the way, if you want no proof of this encounter.
- ♀ Lean forward and feel him penetrate you. If you need support, and there is none, bend slightly at the knees and place your hands flat on your quadriceps. If you can prop yourself with one hand or arm, use your other hand to stimulate yourself. You can also reach between your legs and lightly massage his balls, which will hasten the action.
- ♂ Hold on to her hips, play with her glutes, allow her to thrust back into you, and use your hands to explore where hers can’t reach.
- ♀ Let your pelvic floor grip his penis. If he has concerns about ejaculatory control, you can assist by relaxing or tightening, depending on his needs and yours.

An ideal time for a mini-toy—and not the kind that comes in a child’s fast food meal, but rather the vibrator that looks like a lipstick or makeup brush—quickies can be a time to have hot sex, where the focus is on the moment and the adrenaline rush (the bonding feelings will occur later when the oxytocin floods over you). If you are both pressed for time, you can allow yourselves to orgasm now. If one of you has already come, then help the other. If there is time for another position, then enjoy yourselves even more.

POSITION 1



POSITION 2



POSITION 2: Transition

In preparation for another quickie, the transition will be short and sweet. You should turn toward each other and scissor your legs (put one foot in front of the other) so that they are identical and mirror image. Both of you step out with your right and back with your left or vice versa; it looks like you are dancing a tango. If you feel that more lube would be helpful, use the spit method: Put saliva on your fingers and apply it to the area to be penetrated.

“Be careful during quickies with breast play; you don’t want the rush to turn into clumsy groping. Speedy needn’t be sloppy.”



POSITION 3



POSITION 3: The Eiffel Tower

The wonderful thing about this position is that as you penetrate/are penetrated, you will need to hug each other for structural support, and for emotional support as well.

- ♂ Once you have entered her in the tango position, you can begin thrusting. If you move up and down, your pelvic bone will massage her mound and clitoris for a two-way blended orgasm. Depending on your height, and the curvature of your penis, you might have a three-way blended orgasm if you can reach her G-spot.
- ♂ Lean in and embrace her, as your chests—clothed or unclothed—press against each other. Kiss her mouth, ears, and neck as you caress her breasts.
- ♀ Wrap your arms around him and kiss him back. If you have never kissed with your eyes open, now is the time for the two of you to try. When the passion is this raw, it is thrilling to look into your lover's eyes and witness it firsthand.

Crescendo

By now the people at the office party are wondering if you got lost in the coatroom, so:

- ♂ Lean her back against a wall, column, tree, or monument.
- ♀ As he leans you back, spread your legs, so that he can stand between them. Adjust your new height, which should be shorter for your comfort and his entry.
- ♂ Step toward her, bend at your knees, and enter her from the front. This is a wall-supported missionary. With each upward thrust, squeeze your gluteals and try to point your tailbone up toward the ceiling. This will prevent your penis from exiting her and will add to the mutual gratification. You can relax slightly, as you return to each starting point, but the tightening of the abdominals and the curvature of your lower spine will allow you both to remain upright.

Brava! Bravo!

Quickies can happen between complete strangers, committed partners, and everyone in between. And like the jingle that you can't forget, a quickie serves as a relationship memento. So when you're composing your own sexual medley, make sure to sprinkle lots of one-hit-wonders among your time-honored standards.

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4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

11th Movement

Playing First Chair: Get Off That Bed and Onto the Furniture

The competition for orchestra members to reach first chair is daunting, and so is getting sexually active people into other rooms of the house. The bathroom, because of the shower, is an easy transition, but who's up for making love on a toilet or a bidet? Imagine that your house is a sex-furniture showroom, and you get to test drive everything: the weight bench (a common porn feature), two bar stools (one under each of her legs for a sling effect), and the famous washing machine (why else would there be extra rinse and spin cycles?).

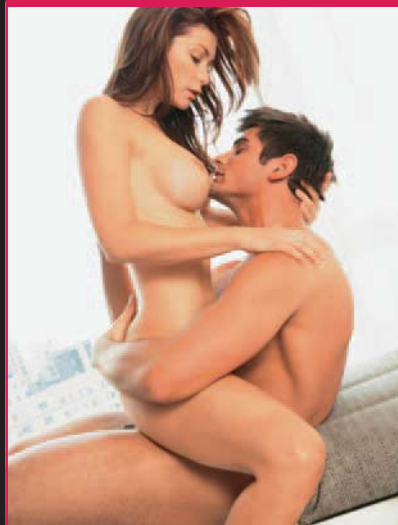
POSITION 1



POSITION 2



POSITION 3



CRESCENDO



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Rock-a-Bye Baby

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Muffett's Tuffett

With different colors, textures, and sizes, furniture offers unparalleled options to provide you with a well-appointed pleasure palace. A narrow chaise would be suitable for straddling, or a soft, cushiony beanbag chair lends itself to great sex for bad backs, and the Swiss exercise ball—with a duct-taped dildo—could lure you into your home gym more often.

Finally, the “sex souvenir factor” comes into play when you involve furniture and other rooms of the house. As you walk through your house, it becomes an erotic museum of memories that you can recollect like a XXX game of Clue. “The sexy husband ... in the billiard room ... with a cue stick ... by himself.”

Setting the Stage

In some homes you'll find antique barber chairs, indoor hammocks, piano stools, and even a massage table, but most everyone has one or both of the following: a chair and an ottoman. If you don't have an ottoman, look around for something that is lower to the ground than a bed, and that a person could straddle with little or no effort. Looking around my room, I see

an antique 4' × 2' × 2' (120 × 60 × 60 cm) carpenter's trunk—handsome, solid, and uncomfortable—which can easily be remedied with—you guessed it—pillows covered in towels.

Infuse the space with warmth and romance: Candles express romance, as does music, something nice to sip, and maybe blankets, bathrobes, slippers, and towels, just in case you fall asleep in each other's arms and would rather not trek back to the bedroom—or, more likely, when somebody comes to your door wanting to hand you a religious tract and you are covered in sweat and whipped cream. Trust me ... it happens.

If you have a chair and ottoman, position them close enough together so that you can easily transition from one to the other; you want to maintain all that luscious, juicy genital blood flow and to keep both parties' interests—and genitals—up.

I prefer armless rocking chairs, but a chair with low arms works well too. Long before you have sex in it, test the chair for sturdiness and comfort. If you feel that it might cause friction or pain, grab pillows, blankets, and towels for extra padding to make the chair comfortable for both of you. And if the ottoman feels stiff or uncomfortable, soften it up with a quilt or throw.

“Even the Oriental rug that sits in front of your fireplace could be a magic carpet ready to transport you to the land of Multiorgasmia.”

“If a piece of furniture sits on wheels, make sure the wheels are locked so you don’t find yourselves gliding across the den and into something—such as the rest of the dinner party taking place on the other side of the door.”

Warm-Up

Because living rooms and dens, where you would find the furniture used in the following positions, are the chosen conversation spots in a home, your sexplay assignment is to see how wet you can make each other by using your mouth for two things: kissing and talking.

Before you begin, however, you have one other task: a scavenger hunt during which each of you has sixty seconds to grab a non-sexual object (no dildos, vibrators, nipple clamps, etc.) and return to the room with it. Clothing is optional: You can have this conversation dressed—so you can strip later—or in the nude.

When you sit down with the object you’ve chosen, imagine and describe all the sexual things you could do to your partner with that object that do not involve penetration. Then it’s your turn to listen to what your partner says about his or her object. Then he can discuss her object and vice versa. For example, I was handed a red candle once, and I said I would go vaginal spelunking.

This exercise can help you understand that you can connect to your partner in a loving, imaginative, creative way—a way of bringing the playful into the physical. At the end of the activity, you can go one step further and put a few ideas into action. For instance, perhaps your partner picked out a plastic bus and said that it was a YOU tour bus. It traveled your body and showed tourists all the wonderful things about you. You could say, “Show me where the toy bus would stop at all the points of interest on my body and tell me what the guide would say at each stop.” Remember: There is no penetration allowed. You have to let your mind make you wet.

After you have tried several of these exercises, you will probably be so wet or laughing in a way that makes you feel close and attracted to the person across from you, that the sex that follows will seem as easy as rocking in a chair.



POSITION 1

POSITION 1: Rock-a-Bye Baby

Armless rocking chairs are best, but if yours has arms, it will also serve you well; it merely changes some of the logistics. And while it's true that any chair that can support the combined weight of two people will work here because the rocking motion can be generated by the two passengers, the advantage of a rocking chair is that it doesn't scream, "Get on me and let's screw!" Instead, it sits in the corner and whispers, "Let's make love."

- ♂ Sit in the chair, making sure it is covered in soft blankets, sheets, or towels.
- ♀ If the chair has no arms, straddle it (and your partner) and slide down his body, as your moist and waiting vulva envelops his penis.
 - If the chair has arms, you have many options. You can place your legs over the arms and lower yourself that way. Or, if you fit, try sliding your legs under the arms, and drape them down the side. You could also, because the seat is now padded with blankets or towels, put your knees in the seat just outside his thighs and engage him that way, though the level of penetration would focus more on your first third than the inner two-thirds.
- ♂ Reach around and pull her toward you. This gesture combines emotional support, love, and physical support.
- ♀ Rub your mound against his pubic bone, as he makes his controlled short thrusts into you.
- ♂ Tilt your head forward, and bring your mouth to her nipples. Then bring both hands to her face, as you pull her toward you for a kiss.
- ♀ Place both hands on his face when you kiss him. A cradled kiss brings a heightened sense of affection that a normal kiss does not.
- ♂ Use your feet to rock the chair. Your thrusts will be short, and the rocking chair will help you reach her inner and outer pleasure points. Look up into her eyes, and kiss—this time with your eyes open.
- ♀ Look down into his eyes as you cradle his face and kiss him. As you kiss, become aware of what signals your bodies are sending each other. To be bold, sexy, and still romantic—but after asking his permission first—let a thin drop of saliva cascade from your lips to his tongue as you pull your head back.
- ♂♀ Take advantage of the candlelight. Gaze at your partner's glowing skin, hair, eyes, and smile. Take a mental snapshot and save it for later, when you find yourselves eating under fluorescent lighting. It will remind you of a softer, sexier occasion the next time somebody asks if they can put their feet on your ottoman.



POSITION 2: Transition

Transitioning to the next position on the ottoman is a simple move, and in this case, ladies first. Besides tipping over, the other obvious danger of rocking chair sex is the risk of someone's feet getting caught under the chair.

- ♀ Place both feet on the floor, stand up, and step back slightly. Extend your arms to help your partner out of the chair.
- ♂ With your feet flat and firmly on the floor, grab her hands and push yourself up through your heels (this lessens the strain on your back and knees). Grip her hands for balance, and to maintain your romantic connection.
- ♂ Remembering that ottomans have minds, and some even have wheels, of their own, sit down on one of the narrow ends of the ottoman first, and then slide your buttocks forward so you are resting just before the edge. Your feet should be just beyond the edge of the ottoman.
- ♂ Recline onto the ottoman; it should be large enough to accommodate your upper body. If the ottoman is too short, you can slide forward to support your neck.
- ♀ Place your knees over his hips, and lower yourself in this modified straddle. Be careful as you sit down, because this position allows for deep penetration and, on his part, limited thrusting. Your feet can be flat on the floor or you can be on your toes if you cannot reach.





POSITION 3

POSITION 3: Muffett's Tuffett

Positions such as this isolate the man's core muscles, which are used to maintain proper form and to keep the spine in a neutral alignment. By dipping and raising his hips, he can shorten the depth of his penetrations, which could prolong his pleasure because it is not as vigorous as thrusting, and she can control the speed and depth as well.

- If his neck needs support, reach forward and cradle his neck in your hands. This will free his hands to pleasure you.
- ♂ Use your hands to explore her body, and if she feels distant to you, she can lean down as you lean up to close the gap.
- ♀ If he is able to support his own neck, that frees your hands to explore both bodies. Because of the deeper penetration, he might come faster, so if you want it to last, focus on your pelvic floor or PC muscles, making sure that you get all the stimulation you deserve, and he gets just enough to keep him on the edge. And, considering that the next position will get you both to come, on the edge is just where you want him—and just where he'll be.

“In sexology, we call prolonging an orgasm ‘edging,’ whereby you hold the sexual response at a point just before climax, thus intensifying the sensation and heightening the resulting orgasm.”



CRESCENDO



CRESCENDO

Four things are needed to deliver deeper thrusting and dynamite orgasms:

- ♀ With both feet firmly on the ground, stand up slightly, so that he can reposition himself on the ottoman.
- ♂ Stroke yourself to maintain your erection. Lean back on the ottoman and slide forward so that your feet are flat on the floor and only your upper back is on the ottoman; there should be nothing but your core strength to support your back from your nipples down.
- ♀ Face him in the traditional cowgirl pose and lower your pussy back onto his cock. Either he can use abdominal thrusts to enter you with speed and depth, or you can raise and lower yourself to get you to climax.
- ♂ During any abdominal thrusts, make sure to keep both feet flat on the floor and squeeze your butt muscles to help you both reach a climax.

Once again, you find yourselves with all four hands free, but this time, I want you to interlock fingers and see if you can both orgasm by genitals alone. If not, you can always release your hands before you release your orgasm. You can also return to your love spot on the floor or resume your sexy scavenger hunt. Or try using your fingers to spell on your partner's back all the places that you want her or him to kiss, or lick, or touch.

Brava! Bravo!

Great musical talent is discovered all the time, and your house or apartment is full of sexual scenery waiting to be discovered—and then mounted.

I encourage you to start looking at your furniture, the furniture in your hotel room, even your dinner hostess's furniture through a new lens. Perhaps the ottoman you just used while reading or watching TV could help you enjoy rear-entry. People joke that home gyms look like torture equipment, so why not use it for light bondage? And a hammock is a surefire way to put more swing in your sex.

“Consider it a loving ritual for you and your partner to christen every room of the house with a different act of intercourse.”

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2nd

3rd

4th

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7th

8th

9th

10th

11th

12th

13th

12th Movement

The Standing O: Sex on Two Feet

Popular in the steamy scenes of romantic movies, standing positions evoke thoughts of wild, uncontrollable passion. The physical advantage of these positions is the deep penetration they provide, while the disadvantage has to do with the muscular endurance that the man must possess and the woman's reliance on the man for her pleasure. Because tiring muscles out can prolong an orgasm, the positions are arranged to use that muscle fatigue to your advantage; therefore, the hardest position opens the set.

POSITION 1



POSITION 2



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Chair in the Performance Hall

XXXXX POSITION 2: Transition

XXXXX POSITION 3: The Maypole

Setting the Stage

Stand-up sex, unlike stand-up comedy, should be taken seriously, and even when it happens spontaneously, there are a few important points to consider. For the first position to work, you'll need a hallway or a wall with enough space in front of it to allow the man to squat to where his legs are parallel to the floor. This also means that the floor must be clean, free of splinters, and not slippery, and the walls should be sturdy enough to support two people and free of any wall hangings that would crush behind his weight. These two positions, as with the positions in the 13th Movement, are proof that time spent at the gym can improve time spent at home, particularly if the man's workout includes front squats to strengthen his quadriceps, as well as traditional squats, hamstring curls, leg presses, and leg extensions. This is one chapter where the performer's physical integrity is just as important as the performance hall.

“This is where ripping clothes off—being mindful to keep them clear of the man’s footing later—not only adds to the excitement, but to the lubrication as well.”

Warm-Up

Because these positions take place in the hallway of your apartment or house—away from your sexually stocked bedside table—there might not be any lubricant on hand, so you will need to bring it or help make it. The key is to recall the “how to make my partner wet without touching them” techniques from the 1st Movement, followed by some oral body worship.

I suggest you play two games: one called “Radioactive Contaminated Clothes” and the other, “Saliva Cures Radiation Poisoning.” With those two games providing the movie trailer to your lovemaking, clothes will fly off, mouths will lubricate, and juicy hormones will start to flow.

And should the hormones still not bubble over, this is the perfect time for oral sex, both as stimulant and lubricant. He can gradually work his way down to his knees, licking her body as his love elevator goes down to the basement. Suckling her nipples will help lubricate her pussy, as will his manual stimulation of her vulva and vagina. Her hands are free to hold on to his head or to rub herself to get the fluids gushing. She can return the favor, making sure not to bring him to orgasm yet.

To prevent his knees from buckling in the position to come, he should bend at the knees or even lean forward and over her mouth. One key safety point is that he not lock his knees while standing. Soldiers at attention and groomsmen at the altar have passed out because of locked legs.

For partners who enjoy anilingus, either one can turn and face the wall in a police frisking pose, while the other person traces a tongue down the spine to their partner's back door. With hands against the wall and the body spread eagle, the recipient is getting a tongue lashing of a different sort.

After all the touching, caressing, fondling, and fingering, the couple should be lubed and ready to move on.



POSITION 1



POSITION 1: Chair in the Performance Hall

The man draws on two sources of strength to make this advanced position work: his legs and the wall. She will enjoy the deep penetration—exciting the inner two-thirds of her vagina—once the two of them have made this advanced position work for them.

- ♂ In the hallway, lean back so that your back is flat against the wall. Bend so that your thighs are at or slightly above a right angle.
- ♀ As though you were mounting a pony, lift one leg up and over your mate, as you face him. Lower yourself down onto his hard penis. Depending on your height and that of your partner, this might mean that neither of your feet can touch the floor.
- ♂ As you concentrate on maintaining balance and support, your hands are free to rest on her hips, play with her breasts, or stroke her back.
- ♀ You can rock yourself to orgasm, and your hands are free to bring pleasure to you, your partner, or to you both. This position provides deep penetration and unbelievable stimulation for both of you, so if you want these feelings to last, help him work on overstimulating you without overstimulating him.
- ♂ Communication is imperative to ensuring your maximum pleasure, whether that means asking her to tweak your nipples or shouting, “Cramp!”
- ♂♀ Use any of the free hands to provide the stimulation you both need. You must let your partner know when it is time to switch to another position in the book so neither of you becomes too tired or worn out to continue.

Also, if he feels too much strain on his legs, she can drop one of her feet to the floor to form a tripod. This reduces the amount of weight he’s bearing and allows the stimulation to continue.



POSITION 2: Transition

When you determine that it is time to change positions—she may want a different kind of stimulation, or he may be ready to donate his legs to science—then you're ready to shift to the Maypole.



- ♀ Even if your natural inclination is to lean back from him to dismount, it is best for the center of gravity to lean toward him.
- ♂ As she leans into you, walk your feet back to the wall against which your back rests.
- ♀ As his feet move beneath him, communicate to him that you are going to lean back.
- ♂ On her signal, as she leans back (her legs still not touching the ground), stand up, pull her into you, and reestablish your center of gravity.

“Though some may choose to view the position as man supporting woman, I see it as a balancing act, a give-and-take—a perfect portrayal of a symbiotic relationship at work.”



POSITION 2

POSITION 3: The Maypole

One of the rawest and wildest sexual positions in this book, the Maypole tips its hat to the easier positions that came before. This is no sexual maneuver for a heavyweight—literally. Besides being one of several “Look, Ma, no feet!” positions, it is both exhilarating—she is hanging over the ground—and symbolic.

- ♀ With him leaning against the wall and almost in a standing position, wrap your legs around him. Lean back, tightening your vaginal grip on his penis.
- ♂ With your hands beneath her buttocks, lift her up and down on your penis. It is important for maintaining your energy that your legs remain slightly bent at all times.
- ♂ If you hold her tight against you, her mound and her clitoris will rub against your pubic bone; this is significant because she will need to keep her hands on your arms, back, or waist to gird herself.
- ♂ For even deeper penetration, you can assume a lower squat position and, with your arms still around her back or under her glutes, lean forward so that her body is almost parallel to the ground.

- ♀ As he lowers you toward the ground, you can switch your hands to his shoulders. To provide the maximum safety, it is best to reach under his arms and grip his shoulders from behind, rather than gripping them from the front. Because of the sweat and excitement, you could lose your grip otherwise.

Note: If he helps you lower your head past 180 degrees, the resulting rush of blood combined with the deep penetration could cause you to have an orgasm without continuing to the next section. A similar biological response holds true for men as well who, while having sex on their backs, hang their heads off a bed, an ottoman, or a galloping horse.

Crescendo

With both partners ready to reach orgasm, they can incorporate a prop to help bring it home. If either partner needs a break, or if they don't want to hasten to the bedroom or a couch, they can also use a four-on-the-floor position—any position that requires both partners to have their feet touching the floor. This change in position can help bring them to orgasm by bringing them back to earth.

- ♂ You can lower her to a bed, and continue to make love to her in an advanced missionary position: To increase vaginal tightness, you can grip her ankles and move her legs side-to-side.
- ♂ If you wish to remain standing, and if she wants to continue with the deeper penetration, you can set her on a surface that's the same height as your penis. This could be a countertop, a washing machine (set to spin), a sturdy table, or the top of a sofa or couch.
- ♀ If you're resting on any of the above surfaces, you must use at least one hand to pull him closer—to maintain that deep, thrusting action. And, with the support of some furniture, you can use your free hand to stimulate your clitoris, mound, or any other erogenous zone on your body that you can reach.

- ♂♀ If both partners want to remain standing, she can lower herself to her feet, turn around, and allow him to enter her from a standing rear-entry position. She can lean forward and place her hands on the floor (more difficult) or grip a fixed prop, such as a wall, a piece of furniture, or even the handle of a closed door.

One advantage of the last position, standing rear-entry, is that it allows the penis to touch different parts of the vagina that the other positions in this chapter might not have reached. This progression, moving from the rear wall of the vagina to the front wall, could be enough stimulation for her to reach orgasm. He might have to rely on his thrusting and the tension or laxity of her vagina to help him reach his orgasm.

Brava! Bravo!

Just as an orchestra must work hard to earn a standing ovation, a couple must work equally hard to enjoy all the benefits of a standing orgasm.

The degrees of difficulty and the gymnastic beauty of these positions are nothing short of breathtaking; consequently, any couple that executes them is entitled to bedroom—and boardroom—bragging rights.

**“Like two birds of prey mating in flight,
these strenuous positions at times defy gravity.”**

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

13th Movement

The Rock Opera: Sexual Moves for the Young at Heart

There comes a time when a client tells his or her sex counselor: "We've mastered everything and we want to take our sex to the next level." Or the request might be phrased as follows: "What could somebody seeking a little adventure do?" It could be that a couple has reached a plateau, or boredom has crept into the boudoir. Perhaps they are drawn to challenges or want to strut their stuff in the bedroom after months of working out, sleeping well, and eating healthfully. And while it's tempting to respond, "Try using Tabasco as a lubricant," it's true that we have a few challenging positions up our pajama sleeves. In this chapter, I'll introduce you to acrobatic sexplay and one super-flexible outercourse position.

POSITION 1



POSITION 2



POSITION 3



BONUS POSITION



This Chapter's Positions and Their Degrees of Difficulty:

XXXXX POSITION 1: Standing 69

XXXXX POSITION 2: Transition

XXXXX POSITION 3: Tables and Chairs

XXXXX BONUS POSITION: The Weather Vane

Positions such as these test our strength, endurance, and creativity, and they can point out our deficits and attributes, thereby showing us which sex acts we can readily master, which ones we should write off, and which ones belong on our list of goals.

Setting the Stage

For Standing 69, it is important that there's nothing on the floor that the man could slip or trip on—a small throw rug, a pile of clothes. And when trying any athletic/gymnastic/acrobatic position, it is important to have a "landing pad" of sorts for the "artiste"—usually the woman—and a possible retreat for the human athletic equipment—usually the man.

For Tables and Chairs, you will also need a large, non-slip area. Remove any small area rugs that could fly out from under him and her. There is nothing romantic about a sprained wrist or, worse, a penile fracture. The area will also serve as the setting for the final climactic sequence, so it is important that it is comfortable and accommodating for backs and knees. As you have learned by now, pillows, sheets, blankets, and towels can always make a hard spot soft, a cold spot warm, and a wet spot dry. But to avoid a loss of erection or excitement—and to maintain the flow of energy and hormones—it is best to have them on hand at all times.

Warm-Up

One of the easiest ways to achieve the stationary part of a Standing 69 is to begin in a Supine 69, with the woman on the bottom. The secret to preparing you both is to have the woman lie on her back with her legs on the bed and with her head slightly off an edge.

The man can do one of several things. He can begin by walking toward the bed and letting his penis enter her mouth; she receives no initial genital stimulation. He can sidestep her mouth and start an offset 69, in which he goes down on her, but she is not having oral contact with him. Or he can approach her on the bed—as above—and lower himself on top of her for mutual oral stimulation—the man-on-top 69.

Time permitting, even more options exist. The partners can switch roles: He begins with his head hanging off the bed, and she takes any of the three approaches listed in the preceding paragraph. He can then hold on to her, roll over, and stand up from the bed. Or, if she gets dizzy from too fast a stand-up, which can happen if he jerks her from a Supine to a Standing 69, she can remain on top of him, as he inches her to the edge of the bed, and he stands with her mouth to his cock, and his mouth to her pussy.

If the man or woman is approaching an open, upside-down mouth, there are so many sexplay opportunities that abound. You could squat for an upside down kiss; if you have never kissed eye-to-chin, you should try it. If you don't believe me, ask Kirsten Dunst and Tobey Maguire, who did it in *Spiderman*. You can also lower any part of your clean genitals for a nice "undercarriage wash," where a mouth or tongue licks, probes, investigates, and stimulates everything within reach—vulva, perineum, rectum, scrotum, and inner thighs (recall the 4th Movement). With a gaping mouth beneath you, you could straddle your partner's face and never lean forward far enough—at least not yet—to reciprocate. Maybe he's a "Johnny-Come-Lately" who needs more time to reach orgasm, or perhaps he's the "Early Bird Who Loses His Worm"—this is an excellent way to remedy both situations. In the first situation, he can enjoy the licking to keep him ticking, and in the latter, she can have seconds while he's having his firsts.

The bed makes a perfect launch pad and emergency landing strip, and while you're there, make it an awesome layover.

WARNING: It is key that the man maintains a good grip on the woman at all times, particularly if he begins to have an orgasm in this position. It should never be the case where the woman gives head, only to wind up on hers.





POSITION 1: Standing 69

Almost any modern porno movie, adult magazine, or college bragging ritual includes the Standing 69. If executed properly, it can generate incredible orgasms—for the upside-down partner especially, as a result of the head rush—earn you a starring role in Cirque du Sex, and possibly win you the gymnastic gold medal for Best in Show for Floor. The dismount alone is worthy of a silver!

- ♀ Regardless of the oral sex positions you chose during outercourse, end with your head at the edge or hanging slightly off the edge of the bed. Do not have his penis in your mouth, when he raises you into the Standing 69! If he were to slip or if you were to get startled, it would be the wrong time for you to have an involuntary muscle spasm in your jaw.
- ♂ Reach forward, bending at the knee, and scoop your hands behind her lower back. The bull's-eye for your nose or mouth is her navel. Wrap your arms around her waist as though you were trying to hug the lower portion of her spine.

“The Standing 69—where one partner holds the other upside down, so that each person’s mouth is on the other’s genitals—is perhaps one of the most difficult acts to perform—second to oral sex while parachuting.”



POSITION 1



POSITION 1

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- ♀ Curl your legs up, as though you were doing a reverse crunch at the gym. Bend your knees over his shoulders, hold them straight up, or point your feet back; it all depends on your height in relation to his genitals.
- ♂ Shift your arms from a safety-belt grip so you are supporting her back in two locations: one on her upper spine and one on her lower back. I recommend that you have your dominant hand closest to your face and your non-dominant hand beneath that one.
- ♀ From your new position, you can reach around to finger his rectum, play with his balls, run your hands up and down his legs, or just hold on for dear life.
- ♂ Use your tongue to lick *everything* within sight. Raise her up slightly, to bring her clitoris closer to your mouth. The hand that is closest to her lower back—and to your face—can also add stimulation and excitement by fingering her ass or to penetrate her pussy as you lick and suck her clitoris. Your palm heel is still there to support her.
- ♂♀ Continue for as long as you are both enjoying the position, or for an emergency or a pause or if she feels dizzy, please feel free to return to the starting position back on the bed.





POSITION 2

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POSITION 2: Transition

If both partners want to proceed right to Tables and Chairs, this transition will help. They could also resume the starting position for Standing 69, exit the bed together, and then go into the Tables and Chairs position.

- ♂ Remove your mouth from her long enough to announce that you are going to set her down. Slightly bend at the knees, as you lower her from your torso.
- ♀ As he begins to lower you, extend your arms beneath you, as in a handstand.
- ♂ Begin creeping forward, as you lower her inch by inch toward the floor.
- ♀ Bend at your elbows and curve your head toward your chest, as your spine rolls down on the floor one vertebra at a time. Eventually, you will be lying supine on the floor.
- ♂ Once she is on the floor, continue stroking your cock to keep it hard. Sit on the floor beside her, put your feet flat in front of you, place your arms behind you, and keep your knees bent.
- ♀ Stand up and straddle him, your back to his face.
- ♂ Push up on your arms and legs, forming your body into a table.
- ♀ Guide his erection into you, as you sit down.





POSITION 3: Tables and Chairs

Because he must stay focused on his posture, while feeling the tension in his arms, he is not likely to get distracted and lose his erection, making this a difficult, yet advantageous position for both partners.

- Once you feel yourself inside her, begin to push up with your hips. Don't lock your elbows—keep them bent and flexible—and push with short thrusts from your pelvis and focus on the six BEST SEX principles: breathe, elevate your pelvis, squeeze your PC muscles, think and fantasize, stimulate as many of your erogenous zones as possible, and express and even exaggerate your sexuality.
- You can rest your hands on his knees for support, but applying pressure to his thighs might cause him to tire early. You can remain stationary, enjoying his thrusts, or use your thigh muscles to raise and lower yourself onto him.



POSITION 3



BONNIE POSITION

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BONUS POSITION:

The Weather Vane

The Weather Vane is for the statuesque sexual gymnast in you both. I won't even mention that a sexier synonym for a weather vane would be the archaic—and oh, so appropriate—*weathercock*.

- ♂ From the Standing 69, walk both of you back to the edge of the bed.
- ♀ On your palms, walk out and away from him.
- ♂ As her legs move down your body, she lowers her chest gently to the bed.
- ♀ When you are flat on the bed and your hips are equal with his, your legs will be in the proper position to initiate the Weather Vane.
- ♂ Reposition your cock back in her pussy and pull her back into you, by placing your hands on her hips and helping her back to the bed.
- ♀ Bend at the knees and bring your heels up toward the center of his upper back.
- ♂ Slide both your hands, palms up, under her to cup her breasts or to support her breastbone. Lean back and lift her off the bed.
- ♀ Place your hands on his arms, locking your elbows against his forearms for support.
- ♂ Begin your gentle thrusts. Share in the tempests that your weather vane forecasts!

Crescendo

His thrusting action might be enough to trigger an orgasm. Or, more likely, his arms and core muscles will exhaust, and he will need to switch positions.

- ♂ Lower yourself to the floor and out of her.
- ♀ Let him exit you as he returns to the floor.
- ♂ Lie on the floor with your head on a pillow.
- ♀ Once he is on the floor, mount him in a reverse cowgirl. You can rest your shins on the floor or squat over his penis. Use your hands to play with your clitoris; the exposed portions of your vulva; or his legs, balls, ass, or cock.
- ♂ Once you are inside her, put your hands on her waist to guide her, on your chest to play with your own pecs, on her back, or anywhere on your body or hers that would benefit from extra stimulation.

Brava! Bravo!

If your sex life were truly musical, this chapter would garner you at least two Grammy Awards. The Standing 69 would earn you Best Vocal, and the other two would honor you with Best Performance by a New Group.

As you grow together as physical and sexual beings, try to bring more difficult sex positions into the bedroom. They can function as a litmus test of your fornicating fortitude, a bridge to even more amorous adventures, or as a testament to the high level of sexpertise you have attained. If any chapter deserves a cry of *Brava! Bravo!* this would be it.

Fine Tuning

Making Adjustments for Better Sex

No matter how splendid an orchestra might sound, there is always an opportunity for individuals and partners to hone their abilities and develop new ones. When it comes to sexual growth, some couples adhere to a containment philosophy, whereby they strengthen their list of existing skills without adding to the list, or they might adopt an expansionist creed, where they look to add new knowledge and skills while leaving the old ones as they are. I hope, over the course of your sex life—and with help from this book—you will take advantage of both approaches to augment your existing performance and enhance your catalog of positions. The preceding chapters are geared more toward expanding your comfort zone and sexual repertoire. The tips that follow are meant to help you fortify your status quo.

You and your partner can grow as individuals or as a pair, relying on books and other resources to guide you, and there may come a time when you decide to talk to a qualified sex educator, counselor, or therapist. As you read the information and suggestions contained in this section, please appreciate the general—and the sexual—health benefits of making these life changes. We are born as sexual beings, so it follows that we should strive to cultivate and to celebrate our sexuality.

Before you and your partner get in tune with each other, make sure that your instruments are tuned. That means paying attention to your health and fitness, which provides the energy and stamina you need for optimizing sexual performance and pleasure. And talk with your medical providers, mental health counselors, religious leaders, family, friends, and your partner before following any sexual advice, so that you have a clear picture of its limits and benefits.

Make Room for Your Partner by Kicking Stress out of the Bed!

Because your body's chemical and emotional responses to stress are anaphrodisiacs—they hamper humping—we need to learn to manage our stress levels. One reason I treat a throng of Wall Street clients is because when stocks drop, cocks drop. I spend as much time discussing ways to reduce their stress as I do talking about ways to strengthen their endowments.

If you recall the B in BEST SEX, it reminds us to breathe—deep, diaphragmatic breathing, where our belly buttons pull away from our spines like a slow balloon and then drift back toward our spines like a feather. To turn this into a sexual fitness breath, sit in a relaxed position and inhale through your nose as you think, “I am a happy, healthy, sexual being.” As you exhale through your mouth, think, “I use every waking moment to honor my sexuality.” You could also visualize yourself having the best sex of your life, and create a mantra to go with that set of images. Below is a version of my daily affirmations that I use as part of my breathing exercises (and my thanks to Deepak Chopra for two that I amended from his intentions). It relaxes me before work and before sleep, and it has made me better in my relationships—including the cherished one I have with myself.

Daily Affirmations

1. I love myself as a sexual being and as a citizen of this global community.
2. I express my love with abandon.
3. I build my body, mold my mind, and support my spirit through exercise, nutrition, clean water, education, meditation, family, friends, and laughter.

4. I sleep in peace eight hours each day and awaken on time without an alarm.
5. I laugh and smile so much that others must laugh and smile as well.
6. I enhance the lives of my family, friends, students, clients, and peers.
7. I (your work/job) using the best that I have to offer.
8. I free myself from the bad and good opinions of others.
9. I exist beneath no one and above no one.
10. I invite many kinds of wealth into my life.
11. I face all fears with fearlessness.
12. I am the best (your name) I can be.

In addition to breathing, stress can be relieved with the help of massage, meditation, journaling, self-hypnosis, nutrition, sunlight, socializing, sleep, and exercise. I've already touched on some of these in previous chapters; others I discuss in the paragraphs to come, and they are all topics that a sex counselor or therapist can discuss with you.

Finally, let's get back to sex, because sexual pleasure has been shown to ease stress. So the next time your lover asks you to come back to bed, don't say you are too stressed; if that's true, you need it precisely for the stress relief!

There's a Reason Why Valentines are Heart-Shaped

When clients notice my gym bag in the office, they ask, "What are you training for?" The answers they expect are a marathon, a wedding, weight loss, a reunion, or "because my doctor told me I had to." My honest response is: "To enjoy life outside of the gym," and that, my friends, would include having a satisfying sex life.

Clients wanting to improve their own sex lives will ask, "Which gadget do you recommend for the bedroom?" I have two. The first sits on my kitchen counter: It's my Vita-Mix blender for protein shakes and smoothies. The second one—which people assume is a Fleshlight or other sex toy—is almost any piece of cardiovascular equipment at the gym. Both of these keep me healthy and energetic throughout the day, partly because endurance exercise releases feel-good endorphins (and the shakes fuel me for exercise), but also because that kind of exercise can make us endurance athletes.

Cardiovascular health and sexual health are not-so-distant cousins; in fact, they are almost identical twins. For instance, men who experience erectile concerns should know that going soft in bed could be a sign of coronary disease, something that could land them in a soft hospital bed. The cholesterol that clogs your arteries prevents blood flow to the genitals and to the brain, and the cigarettes that constrict blood vessels and prevent healthy blood flow to your brain and lungs can thwart vasocongestion, the swelling responsible for genital engorgement in both sexes. So, if you are unhappy with your prodigious, pulsating penis, or with your vibrant, vermilion vagina, start smoking and you can rid yourself of those annoying attributes—and leave more opportunities for stupendous sex for the rest of us. But if you want to have or keep those vital organs vital, please live a smoke-free life—and that includes avoiding all environmental (second-

ary) tobacco smoke too. It is also essential for anyone diagnosed with human papilloma virus (HPV) to avoid nicotine at all costs, because it can increase the risk of reproductive cancers. If you want to put something in your mouth, make it your partner!

Cardiovascular stamina is linked to sexual stamina—the idea being that your heart and lungs won't tire before your genitals do—and it contributes to overall health by boosting your immune system. So, with your doctor's permission, hop on the treadmill before you think about hopping in bed.

Finally, while it improves heart health, combats stress, and fortifies your sexual stamina, cardiovascular exercise—combined with a nutritious diet and plenty of rest—helps you achieve lean body mass, and many people would agree that's sexy.

Lean Body Mass and Flexibility

You should strive for lean body mass, not because it will improve your appearance, but because it will improve your health. Lean body mass and flexibility are two vital components of having awesome sex because they keep us healthy and allow us to perform in bed like members of Team Sex.

To determine how lean your body is, you must measure your body-fat percentage, using any of a variety of techniques from caliper testing to a full-body scan. Anecdotally, the most sexually content women I see have a body fat percentage between 14 and 24 percent, and the most sexually satisfied men in my practice tend to have a percentage between 12 and 17 percent. Though these numbers might seem arbitrary, it makes sense that at the fit-to-athletic range for body-fat percentage, you would find people who are sexually fit and sexually athletic. At that range, a person's levels of energy, stamina, and testosterone are elevated, and the risk for cardiovascular disease, depression, and low libido drops.

Replacing some of your fat weight with muscle weight will provide a lifetime of benefits, and the changes in muscularity will also boost your metabolism, making it even easier to maintain your new sex-positive body. Finally, and as mentioned above, having a healthy lean body mass will help you maintain—and possibly increase—your testosterone levels.

Testosterone for Living Libido Loco

Hormones have such a profound influence on our sexual behaviors and sex drive that we need to know how to harness them in the amounts our bodies require at various stages of life. Testosterone, the “horny-mone,” is responsible for a portion of the sex drive in men and perhaps a soupçon—if at all—in women. It fluctuates throughout the day and peaks at different stages of life and for different reasons. Three key factors that regulate testosterone levels are biological sex—our chromosomes tell our bodies to make testosterone and then tell us what to do with it; our age; and the time of day. When considering the word *testicle*, it's easy to suppose that men have more testosterone than women, and that would be true. Testosterone levels spike earlier in men's lives (just after high school) than in women's (after college and into their thirties). The same holds true over the course of the day: Morning levels of testosterone in men are high, while the evening levels are low. Women tend to follow the opposite trend: They show higher levels of testosterone toward the evening.

Testosterone deficiencies could result in a low libido in men, so for them it might be important to maintain testosterone levels appropriate to their age and physical needs. Only a blood test reviewed by a medical doctor can determine the available amount of testosterone, so it is important to see a physician if you think your sexual concerns might be due to a hormonal deficiency. But here's the good news: Sex and masturbation can boost a man's testosterone levels, making this a case of use it or lose it.

Use Your Mouth for Amazing Sex: Part Two

What stuns my clients more than a referral to an endocrinologist, a gynecologist, or even a personal trainer is when I pass them on to a registered dietician. Food can serve as the most powerful sex drug available, so I would rather recommend a little blueberry over a little blue pill any day. Food energizes us for sex, sweetens semen, keeps vaginas healthy, strengthens erections, augments our immune systems, makes our skin glow, brings a sparkle to our eyes, and heightens our libido—and not for the mythical reasons that Casanova ate oysters or that people consume phallic-shaped objects such as powdered animal horn (giving new meaning to the word *horniness*). Skip the so-called aphrodisiacs and fill up on a broad range of healthful, colorful foods that are as close to their original source (unprocessed) as possible and of the highest quality that you can afford. These—and lots of them—will provide you with an abundance of macro and micronutrients for sexual energy and keep you feeling your sexual best.

To boost my sexual energy throughout the day and to fall asleep at night, I prefer to eat breakfast like a king, lunch like a prince, and dinner like a pauper. Also, because a hefty serving of carbohydrates tends to induce sleep, I start my morning high in protein and low in carbohydrates and end the day in reverse, making sure, however, to make carbohydrates and lean protein part of every meal.

Eating for heart, mind, body, and soul helps you have amazing times in and out of bed—and at a fraction of the cost of many prescriptions designed to treat or cure conditions caused by a poor diet. Moreover, good nutrition can help with another key element to having the best sex—having the best night's sleep.

The Real Reason for a Bed

A bed serves two functions, and this book celebrates one of them; the other is sleep. Face it: Sex can take a lot out of you, and sleep can put much of it back. The time you spend in deep, soothing sleep will improve your love life by helping reduce stress and by giving you the strength and energy you need to function well while you're awake—and that includes sex with your partner. Great sleep can enhance your creativity, both in and out of the bedroom. It also ramps up your immune system and helps you fight infection and illness. So if you're convinced of the curative, strengthening powers of sleep, remember that sex—or sex-induced hormones—can help you fall asleep. Get your XXXs to get your ZZZs—and vice versa.

For those of you who are working on your sexual fitness, you gain an added benefit from a restful night's sleep. During your deepest stages of sleep, your body produces the human growth hormone, HGH, which helps you repair and grow muscles long after you leave the gym. Yet another reason to work out: Time spent at the gym helps lull you off to sleep while contributing to your lean body mass.

To ensure that you get the greatest benefits from sleeping in your bed, reserve it for just two functions:

sex and slumber. Find a different place to read, snack, watch TV, knit, argue, or surf the Internet, or every time you crawl into bed, you might find yourself automatically reaching for your laptop or wondering, "Why are we not firing up the hibachi grill like we did last week?" If you're so inclined, you could go so far as to reserve the bed for sleep only, and enjoy every other surface in the house for your sexual escapades.

When It's Time for Private Lessons

It's great when you're playing in tune and hitting every high note, but when you encounter a passage that doesn't sound as it should or is difficult to play, then it's time to seek help, usually in the form of private lessons. In the realm of sex, solutions to sticky problems can be found in sex education, counseling, and therapy.

Who are these people who provide this help? How are they trained? And what do they do?

In most states, anyone can hang out a shingle offering their services as a sex educator, sex counselor, sex therapist, sex coach, love coach, or even loveologist. For this reason, it is crucial to do your homework and research the education and training of any sexual-

"Sex can help you fall asleep. Get your XXXs to get your ZZZs—and vice versa."

ity professional before hiring them. If they work in a licensed field, check that they have a license and how recently it was awarded or renewed.

In the United States, the American Association of Sexuality Educators, Counselors, and Therapists (AASECT) operates as the most recognized credentialing organization for these groups of professionals. Their rigorous standards view professionals who seek their certification as unqualified until proven otherwise, and it is a lengthy process involving many reviewers. AASECT's certified members follow a strict code of ethics that prohibits, among many things, touching clients in a sexual manner. By checking for AASECT certification, you can weed out possible fakes and phonies, but there is no litmus test for compassion and a warm, welcoming, sex-positive personality.

When seeking help from a professional, there are three certified titles that you are likely to encounter:

Sex Educators: The educations and backgrounds of sex educators, who teach about sex, can vary from no formal training to a doctorate in education or another field. Sex education tends to follow one of two platforms: abstinence-only and comprehensive. Comprehensive sex education adopts a broader view of human sexuality, including contraception, healthy and healthful relationships, and a thorough understanding and appreciation for delaying sex. It is important to find a sex educator whose philosophy agrees with yours.

Sex educators are not sex counselors or sex therapists, but they should be versed in both fields and should be able to help their clients find the resources they need. If you or your partner lack sufficient knowledge about sex, a sex educator could be your best choice.

Sex Counselors: These professionals fall somewhere between sex educators and therapists, and they provide their clients with sex education, skills, and advice. Most sex counselors hope to have a client in and off the appointment books as fast as possible, because it does the sexually active client no good to be out of the practice of great sex for any length of time.

Sex Therapists: These people hold terminal degrees in counseling, social work, psychology, marriage and family therapy, or medicine and use their training in human sexuality and the *Diagnostic and Statistical Manual of Mental Disorders* (DSM IV) to make diagnoses and to treat them. Because these therapists work with concerns outside of sex and relationships, an individual or couple with non-sexuality-related concerns, such as obsessive compulsive disorder, *in addition to a sexual concern* would benefit from seeing a sex therapist.

There are other terms you will hear associated with sex experts. Though these titles should belong to people certified in one of the three categories above, they could belong to people who claim these titles because they lack a certification.

Sexologists: These are people who should have completed graduate training in sex research at a nationally accredited university, but there are sexologists with degrees at every level from diploma mills or institutions that the United States Department of Education does not recognize through one of its regional accrediting agencies. It is similar to the title of personal

trainer. Some personal trainers have a master's degree in sports medicine, with or without being certified by a national organization, and some may have been certified by David's Roadside Gym and Auto Upholstery.

Clinical and consulting sexologists may work in hospitals, medical offices, university health centers, or private practice—usually with one or more of the above certifications. Within certain fields of sex research, sexologists will take on a descriptive that highlights their specialties: literary sexologist, religious sexologist, educational sexologist, cinematic sexologist, etc. Perhaps somebody will lay claim to *culinary sexologist* or *musical sexologist*.

Sex Coaches: These are people with or without academic training in human sexuality or the principles of coaching. Some sex coaches do body work, which might include massage or genital stimulation, but not intercourse.

Sex Surrogates: These are women and men who may or may not engage in intercourse with a client as part of the client's sex education. Because sex surrogates receive money for sessions that might involve sexual intercourse, governments might view them as commercial sex workers (CSWs). The difference between sex surrogates and CSWs lies in the background, training, and intent. Sex surrogates are interested and trained in assisting the client overcome a sexual obstacle (lack of confidence, stamina, ejaculatory or erectile concerns, preorgasmia, etc.), while CSWs engage clients in sexual relations for profit only.

Seeking Help

After you have researched your future helper according to his or her level of intervention—educator, counselor, therapist, sex coach—education, and certification; you've looked at her or his recommendations from colleagues or the Better Business Bureau; and you've tapped into your gut feeling about who's right for you, then you're ready to enter into the professional relationship with these few simple steps.

1. Create a "picture" of yourself in words. "I am a white, female, thirty-seven-year-old Wall Street stockbroker with male and female partners who is concerned because I can come with a vibrator but not with a person."
2. Make a grocery list of your concerns beyond the reason you're seeking professional help. These might include when you can meet, the cost of appointments, how the therapist keeps notes, etc.
3. Contact the provider by email or by telephone. A caring, attentive provider should give his or her clients two or three modes of contact, allowing the client to select a preferred method.
4. Ask the provider about his or her education, certification, professional interests, and comfort level with your particular background and concerns. One way to check for an added level of legitimacy is to inquire about the provider's university or hospital affiliations.

It should go without saying that providers who do not share your sex, gender, race, religion, sexual orientation, or favorite movie can provide you with excellent treatment. Conversely, you might find someone who matches you on paper but who turns out to be a lousy therapist in person.
5. Ask how he or she might approach your concern, the estimated duration of your treatment, and the length and frequency of your sessions.
6. Ask the provider to describe the success he or she has had in treating the concerns you have with other clients under similar circumstances.
7. Find out how the provider maintains his or her records. Various laws require some providers to keep detailed records of meetings with clients, while others have discretion to keep no notes or perhaps coded notes to protect your privacy.

8. Be direct when asking about insurance or payment options. Because of the sensitive nature of what clients and providers discuss during visits, many professionals might not accept insurance, because insurance companies want notes containing more details than most clients feel comfortable releasing. Providers should be more than happy to provide you with a receipt, so that you can submit the claim to your insurance agency.
9. If you feel good about all you've learned thus far, make an appointment for an intake session, which may run longer than a typical session and might incur a slightly higher fee.
10. Arrive early for your appointment, so that you feel comfortable and unhurried. Most providers treat late-shows as time off from the appointment. (If you arrive thirty minutes late to a fifty-minute appointment, you will be charged for the full session even if you were in session for only twenty minutes.)
11. Have a list of questions ready to go over (unless you decided to submit them earlier to the provider via email or by dropping them off).
12. Be prepared to say up-front what you do and do not feel at ease with regarding the intake process. "You can ask me about my current relationship, but I would prefer that we not discuss my childhood at this time."
13. Listen to your provider. Do his or her words sound like they come from somebody who is focused on and listening to you? The feedback should come across as if it were composed specifically for you; there are no cookie cutter approaches to sex education, counseling, or therapy.
14. Raise a question about closure. How do the two of you (or three, if you are with your partner) terminate the relationship, regardless of the reasons? If the therapist suggests six sessions and you feel content with the results after four sessions, how will you express that?
15. Pay attention to the proposed action plan. How reasonable does it sound to you? Can you commit to the at-home assignments and the weekly appointments?
16. Listen to your instincts. Does the advice appeal to you? Does it make sense for *you*?
17. Analyze your impressions of your first meeting. Was the therapist on time? Did you like him or her? Does the provider seem interested in helping you? Did you feel respected? Did you feel a bond of some sort? Did you sense brains and compassion? Did you feel "safe" during the questions? Did the therapist stay focused? Would you have liked to have continued the conversation?
18. Know your availability over the next few weeks; some busy providers might not hold appointments open, waiting for you to call back and confirm.
19. If you feel secure about the possibilities for personal growth with this individual, make and keep the next appointment.
20. Move forward with the professional relationship knowing that one of the hardest things about sex counseling or therapy is that you might go in thinking that the concern was G when in fact it is C. Stay flexible and receptive and you stand to benefit a great deal.

If you need help maintaining or improving your relationship or sex life, seek qualified help sooner rather than later.

Encore

One winter in the late '70s, when my parents took my brother and me to see the musical *Annie*, we remained in the theater long after the curtain closed and the aisles emptied. Seán, my kid brother, could not fathom that the story was over, believing that a final bow signified a second intermission. "They have to come back and open their Christmas presents," he cried, as my parents' coaxed him to let loose the armrests, leave his seat, and accompany us to our freezing Nova—sure enough, the last remaining car in the parking deck.

Considering that the bulk of this book is now resting in your left hand, it might seem as though you have reached the conclusion, but your journey, your mastery of multiple position sex, has just begun. The curtain hasn't closed, there are numbers to sing, and you still have many presents to unwrap, joys to discover.

Experiment with the various positions in this book and make them your own. Try the indoor positions outside; adapt the vaginal positions for anal sex. Should you find yourself en route between two of your favorite positions, and your mouth grazes your lover's body, stop to make oral sex part of the transition. Incorporate toys and play and laughter and fun into every sexual situation. Most importantly, talk about having ecstatic sex, to increase the likelihood that you will have ecstatic sex.

Lengthen your lovemaking by transitioning between three positions. Later, I would challenge you to merge several chapters and their transitions, like short musical arrangements, into your own sexual symphony. For example, you could exhaust yourselves with every athletic position in the 13th Movement and then spend hours revisiting the unhurried pleasure that characterizes the 3rd Movement. As your repertoire grows—by talking to and experimenting with your partner, reading erotica, watching adult movies, or speaking with a sex counselor—season your sex life with bold, mouthwatering spices, and turn a one-course meal into an eight-course feast.

So before I send you to bed—for more sex, I hope, but also for some necessary and restorative slumber—my final words of advice would be to enter every sexual relationship with open eyes, open minds, open hearts, and open souls.

Resources

For an up-to-the-minute list of my favorite online resources, vendors, and media that can help tailor this book to your tastes and desires, please visit my website at **www.ericmgarrison.com**.

Click on the tab labeled "Resources," and from there, I invite you to read and gather all the information that I would provide if we were sitting face-to-face in a private session!

If you would like to arrange for a private appointment, or if you represent a university, medical school, collegiate or professional athletic team, or other organization interested in having a guest sexologist speak at your institution, you can contact me through my website.

Acknowledgments

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My parents, Katie and Gary “RC” Garrison—two compassionate social workers, aunt and uncle, grandparents, and friends to many—have shown me forty years of unconditional love. Even when we were an ocean apart, they were always at my side, and no matter where I call home, they talk to me with openness and honesty.

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For keeping me presentable, I must thank the two wonderful staffs at Mango Salon (Richmond, VA) and Truman's Groomers (New York, NY).

The couples in these photos are kind and caring women and men, so tolerant of my on-set coaching. Michelangelo spent years on his back to create the Sistine Chapel's grandeur, and to everyone's good fortune—yours and mine—six magnificent models undertook the same supine posture to fashion this work of art. Brava! Bravo!

The design team made this book appeal to the eye, and any reader who admires beauty should thank them. My gratitude goes out to the Quiver crew for this handsome artifact that deserves to be left on a bed—as opposed to be hidden under it. Rosalind Wanke is a visionary who supervised a terrific staff of Lucia Scarlatti behind the lens, Andrea with hair and make-up, Robin with props, and Anthony with lighting. Rosalind and Lucia worked so much magic on the set that I often raced back home to my laptop to match my language to their photography. Thanks to you five for inviting me to play choreographer at the photo shoot—a “blast” is an understatement.

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The Quiver marketing staff, led by Susan Hershberg, helped me with the most important position and transition associated with this book—getting the book from the warehouse and into your hands. A round of applause to all of you.

One of the best parts of seeing a sex counselor or therapist stems from all the at-home sex assignments. My clients volunteered to do most of the bedroom research that brought this book from my mind to your hands. As you read these words and admire these photographs, please remind yourself that ordinary people took these chapters home, attempted them over and over and over and over again, returned to me to express their constructive criticism, and then—with my revamped instructions—crawled back into bed for even more hours of authentic, toe-curling sex. I tip my hat to the countless Manhattanites who sacrificed television reruns, the Internet, corporate coffee under bad fluorescent lighting, mediocre meals in chain restaurants, and big mega-malls full of things that people don't need, just so you readers could have the best sex in the universe. I will sleep in peace knowing that these genuine people made the concepts within *Mastering Multiple Position Sex* realities.

“As I sipped a tall glass of iced tea at a Savannah soiree, several passionate partygoers confronted me with the question, ‘Professor Garrison, could you please explain to us why Southerners seem so against group sex?’ I replied, ‘It’s not the group sex that we’re against—we just hate writing all those damned thank-you notes.’”

